

THE GRADUATE

The Magazine of The National University of Singapore Society

April - June 2014

G.^{NUSS} Gives Back

with Suntec City Guild House Official Launch

OFFICIAL OPENING OF SUNTEC CITY GUILD HOUSE

Guest-of-Honour: MR HENG SWEE KEAT, Minister For Education

07 March 2014



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President's Message

Dear Fellow Members

PLEASE JOIN ME in welcoming our first batch of 33 new members for 2014. This is our 60th anniversary year and we look forward to welcoming more new members.

We kicked off our many celebrations with the official opening of our new Suntec City Guild House on 7 March 2014. Gracing the event was Minister for Education, Mr Heng Swee Keat, who also witnessed the presentation of a cheque for \$250,000 by the Society to NUS, towards the newly established Alumni Bursary Fund for needy NUS undergraduates.

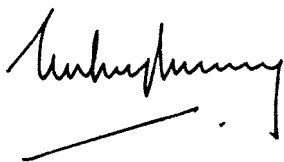
On 24 March 2014, Professor Tommy Koh, Patron of the NUSS "Paint-a-Portrait" Project, officiated the unveiling of the Legacy Wall at KRGH. Present at the event to witness the launch of the first five portraits of our pioneer Past Presidents painted by three talented young artists, were family and friends of the Past Presidents. It was also a nostalgic moment for other fellow Past Presidents who had turned up to lend support to the heritage project.

This year's Groceries with Love on Wheels or "GLOW" will be more exciting. Instead of working with individual Community Development Council (CDC) and focusing on specific precincts as we have done in the past four years, we will be partnering the People's Association (PA) to deliver groceries to 3,000 needy families islandwide on 7 June. I would like to encourage members and their families and friends to come and participate in this community outreach programme. A project of this scale requires many volunteers.

A very special event and highlight of our celebrations is the Society's 60th Anniversary NUSS Lecture. Prime Minister, Mr Lee Hsien Loong has consented to deliver the Lecture on 3 October at the University Cultural Centre. Please mark your diaries for this keynote lecture.

We will close our year-long celebrations in November with a gala dinner which will include the launch of the commemorative book themed "Old Wine, New Spirits", as well as acknowledge our members' significant and lasting contributions to NUSS, NUS and the wider community through the Distinguished and Outstanding Member Awards.

We look forward to connecting with you and your family at our various celebratory events this year.



David Ho C'72
President



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We unveiled the NUSS Legacy Wall at KRGH with portraits of five Past Presidents on 24 March 2014.

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A GLIMPSE INTO Professor Tommy Koh's World

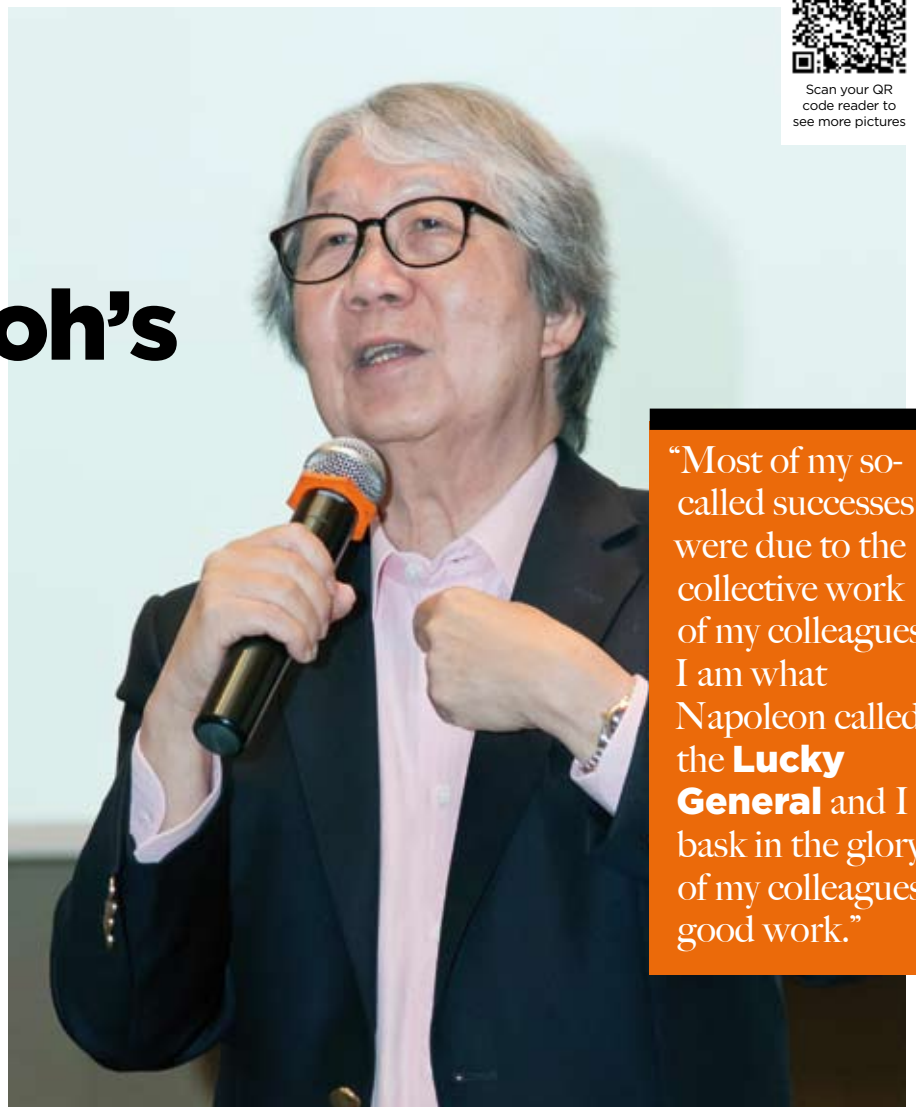
It was an enjoyable evening for members with personal anecdotes and reflections of Professor Tommy Koh sprinkled throughout at the dialogue session.

Professor Tommy Koh, Singapore's pre-eminent diplomat for close to 50 years and Ambassador-at-Large at the Ministry of Foreign Affairs, shared the insider perspective of his "traumatic experience" at his first appointment as Singapore's Ambassador to the United Nations (UN) with the rapt audience. In taking up his UN post, he first experienced the reality of states balancing the different poles of power, diplomacy and international law.

"We live in a very imperfect world," Professor Koh commented. "However, we also live in a world which there are rules and laws which govern almost every aspect of relations between states."

Asked during the question-and-answer session on the reason for continuing to be a diplomat after returning from his first diplomatic stint and taking up the position of Dean of the National University of Singapore (NUS) Law Faculty, Professor Koh said that he belonged to a time where they "wanted to build a better, more equal and more just world".

Professor Koh humbly deflected accolades from himself and chose to honour the people and teams whom he worked with behind the scenes.



"Most of my so-called successes were due to the collective work of my colleagues. I am what Napoleon called the **Lucky General** and I bask in the glory of my colleagues' good work."

"Most of my so-called successes were due to the collective work of my colleagues," he said. "I am what Napoleon called the Lucky General and I bask in the glory of my colleagues' good work."

A clear testament to this sentiment was the dedication of his latest book *The Tommy Koh Reader – Favourite Essays and Lectures* to all the personal assistants who had worked with him through the years.

"Most of the things that happened in my life were by accident," remarked Professor Koh and he went on to relate the circumstances that led to his various appointments over the years, such as President of the Third United Nations Conference on the Law of the Sea, eliciting laughter and applause from the appreciative audience.

Professor Koh was joined on stage by four distinguished panellists, who each posed questions to him on a topic in their respective area of expertise. The panellists for

the evening were: Ms Chong Siak Ching, CEO of the National Art Gallery, Dr Shawn Lum, President of the Singapore Nature Society, Mr Gopinath Pillai, Ambassador-at-Large, Ministry of Foreign Affairs and Associate Professor Simon Tay, Chairman of Singapore Institute of International Affairs. The session was moderated by Associate Professor Victor Savage, Director of NUS Office of Alumni Relations.

When the session was opened to the floor for questions, members eagerly sought Professor Koh's opinion and comments on topics ranging from China's declaration of its Air Defence Identification Zone and the current political situation in Thailand to the current common threats to humanity such as nuclear weapons.

At the end of the session, a long line of members formed at the lobby in anticipation of Professor Tommy Koh's book-signing session. ■



Officiating the opening of SCGH were (from left) Mr Lai Kim Seng, Mr David Ho, Mr Heng Swee Keat and Mr Johnny Tan.

Celebrating a Grand Opening by Giving Back

Suntec City Guild House was officially opened on a Friday evening graced by distinguished guests and well-wishers. The event was made more significant with the Society's cheque presentation to the National University of Singapore (NUS) in support of the Alumni Bursary Fund.

Against a background of canorous music provided by all-female duo acoustic band, *Tiger Lilies*, more than 100 guests awaited the arrival of Guest of Honour, Minister for Education, Mr Heng Swee Keat, to officially kick start the celebration for the star of the evening – the official opening of the new Suntec City Guild House (SCGH). The official launch of the new city guild house also marked the start of the Society's 60th anniversary celebrations for the year.

The rousing, rhythmic beat of *SEN*, an all-girl group of Taiko drummers, heralded the arrival of the Guest of Honour. After NUSS President Mr David Ho gave his



Fulfilling the Society's pledge to donate up to \$250,000 per year to the Alumni Bursary Fund in an effort to help needy undergraduates by improving their social mobility. (From left) Mr David Ho, Mr Heng Swee Keat, Mr Johnny Tan and Mr Wong Ngit Liang.



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Mr Heng concurred with the importance of giving back to the lesser-privileged as he spoke about ensuring access to higher-quality education opportunities to bring out the best in each child, regardless of his/her financial starting point, learning and special education needs.

welcome speech, Mr Heng was invited on stage and together with Mr Ho, Mr Johnny Tan, SCGH Official Opening Organising Committee Chairperson, and Mr Lai Kim Seng, Project Chairperson, officiated the opening of SCGH. The placement of their hands on a glass globe launched a spectacular laser show which chronicled the history of the Society's city guild houses.

As part of the grand opening celebration of the new clubhouse, Mr Ho presented a cheque of \$250,000 in support of the Alumni Bursary Fund to Mr Wong Ngit Liong, Chairman of the NUS Board of Trustees, as well as Mr Johnny Tan, who was also the Chairperson of the Fund. Witnessed by Mr Heng, the cheque presentation was a fulfillment of the Society's pledge to donate up to \$250,000 per year to the Alumni Bursary Fund in an effort to help needy undergraduates by improving their social mobility.

Mr Ho shared with the audience the overview of NUS, its milestones and upcoming activities in the

near future whilst looking forward to the launch of the Society's 60th anniversary commemorative book at the end of the year. Commenting on the strength of NUS's symbiotic



relationship with its alma mater, Mr Ho emphasised, "NUS will continue to create opportunities for our graduate members, fulfill the potential of our young members and do our best in developing and honing our existing graduate talents. Together as a graduate Society, we will stand steadfast to support our alma mater to be one of the best universities in Asia which we can all be truly proud of."

Mr Heng concurred with the importance of giving back to the lesser-privileged as he spoke about ensuring access to higher quality education opportunities to bring out the best in each child, regardless of his/her financial starting point, learning and special education needs. Earlier in the day, Mr Heng had announced details in Parliament about greater financial support for students in institutes of higher learning and further education enhancements that would benefit around 120,000 students nationwide.

Mr Heng summed up with the key sentiment that rather than handing out a map with a well-marked path, there is a stronger need to give every child a "compass and navigation skills", which include a sense of purpose, a moral sense of right and wrong, perseverance, and consideration for others. ■



Minister Heng with the Management Committee.



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NUSS LO HEI DINNER | 12 February 2014 | Suntec City Guild House

Keeping Traditions Alive with *Lo Hei*

Members and guests had a fine time tossing Yu Sheng to usher in prosperity and luck for the Year of the Horse.

It was the time of the year once again when NUSS hosted the annual Lo Hei gathering with NUS Pro-Chancellors, NUS Board of Trustees, NUS President and NUS Senior Administrators including Deans, Hall Masters and Rectors. Other distinguished guests included Past

Presidents of the Society. The NUS Chinese Orchestra also performed classic tunes during the dinner.

Mr David Ho, NUSS President, spoke on the latest pride of

NUSS - the new Suntec City Guild House - its actualisation made possible only with the efforts and dedication of very hardworking members. He also mentioned the Society's support for the NUS Alumni Bursary Fund. NUSS' pledge to donate a sum of up to \$250,000 per year to the Fund was enabled with the mandate given by members at a General Meeting last year.

With the objective of rallying other alumni groups to partner NUSS to support NUS in mind, Mr Ho remarked, "At the end of the day, it is a privilege for NUSS to be serving our alma mater. Only by working together [with other alumni groups], greater things can then be made possible." ■





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Cultivating Stronger Relations with the Younger Ones

The Management Committee spent an evening interacting and engaging members of the 35th NUSSU Council.

In his opening address, Mr Jeremy Ee, Chairperson of the NUSS Alumni Development and University Relations (ADUR) Sub-Committee, encouraged the National University of Singapore Students' Union (NUSSU) Council members to use the Society as a platform to expand their network, especially through its various events, sections and reciprocal agreements with clubs worldwide.

Members of the NUSSU Council are given complimentary undergraduate membership for a

limited period to be determined by the Management Committee to enjoy the club's amenities and participate in its events and activities.

Mr Soh Yi Da, NUSSU President, expressed his appreciation to the Society for the goodwill extended to his council members.

"My relationship with NUSS goes back a long way as I spent most of my younger days at the old Suntec City Guild House," he remarked. "It is good that NUSS is cultivating our NUSSU members young."

To encourage and facilitate interactions between the council

members and Management Committee, the former were required to get their "passports" signed by the latter. This led to more lively exchanges and conversations.

"It is a great opportunity to get to know more people, not just our peers but also our alumni," commented Mr Dennis Ng, President of the Cultural Activities Club at NUSSU, on being given a complimentary membership. "That way, there will be a continuity between the past and the present."

Also eager to maximise his undergraduate membership was Mr Koh Zhi Xun, Deputy Welfare Secretary of NUSSU, "I am looking forward to use the facilities and bring my friends here to enjoy happy times together."

The evening's entertainment was provided by "Guitarpella", a group of undergraduates with a passion for singing. The music, coupled with free games at the digital dartboard in The Chill-Lab, kept attendees in high spirits as they enjoyed the food and drink. ■



NUSS PAINT-A-PORTRAIT PROJECT Receives Grant

NUSS has gained the support of the National Heritage Board (NHB) for its "Paint-a-Portrait" Project, where portraits of the Society's Past Presidents are displayed on the newly-created Legacy Wall.

NUSS' efforts in preserving and documenting the rich history and heritage of the Society had garnered support

from the NHB in the form of a \$10,000 Heritage Participation Grant.

Initiated in 2013, the NUSS "Paint-a-Portrait" Project commissions young artists to paint portraits of NUSS Past Presidents in honour of the latter's contributions and services to both the Society and community at large during their terms.

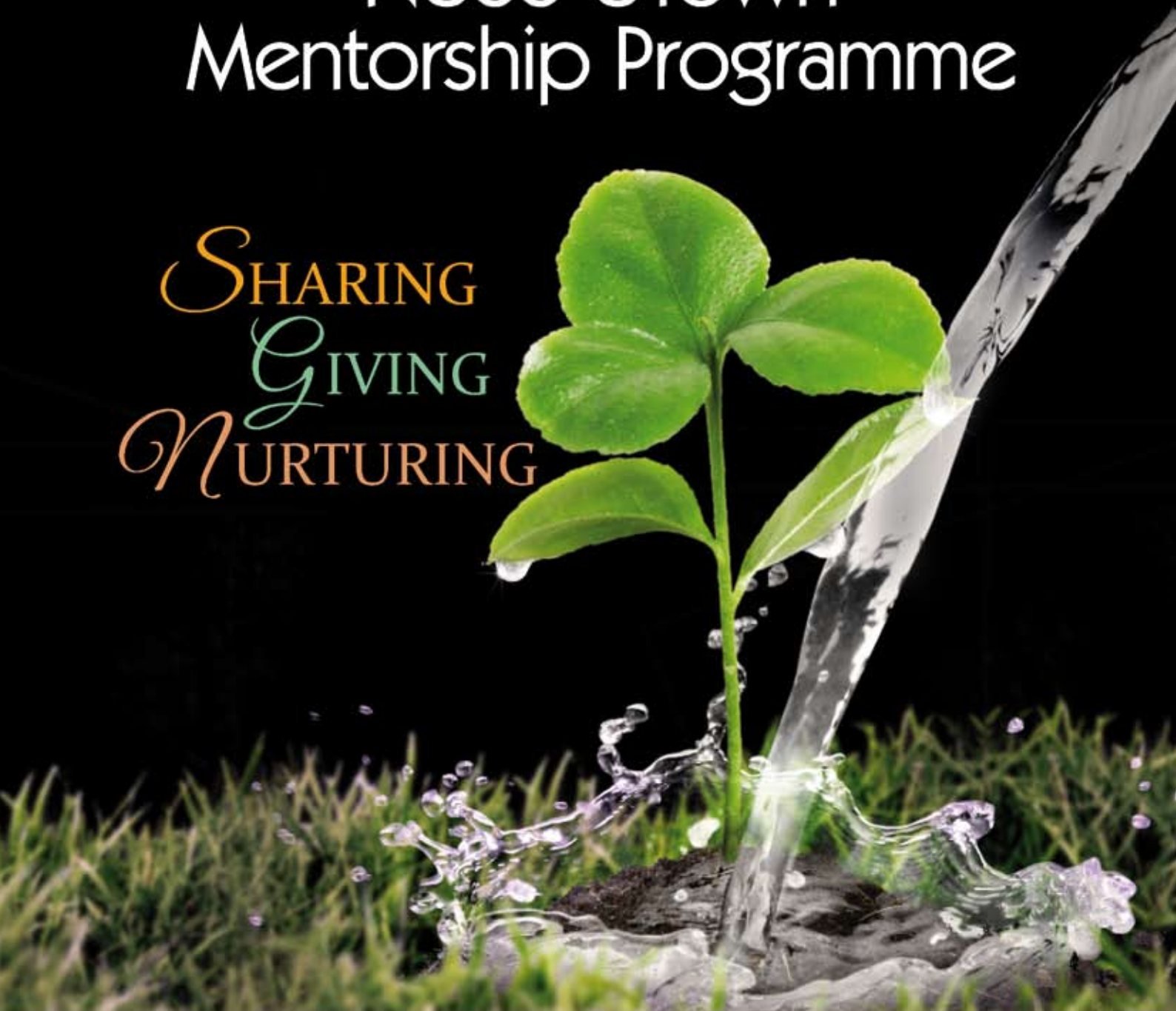
The Project involved the meeting of Past Presidents with both artists and volunteer interviewers who document the history of NUSS since the early years.

Five portraits of NUSS Past Presidents, accompanied by interview extracts, are currently displayed on the Legacy Wall which was unveiled in March this year at Kent Ridge Guild House.

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Please visit www.nuss.org.sg to find out more about the Programme and download the application form.

All applicants are to submit the completed form to ADUR@nuss.org.sg by 1 June 2014.



Members and guests celebrated the countdown to 2014 in the Roaring Twenties style, with a fabulous, Great Gatsby-inspired party.

NUSS COUNTDOWN 2014: THE GREAT GATSBY | 31 December 2013 | Kent Ridge Guild House

Swingin' Right into a GATSBY COUNTDOWN

Old and new lovers alike of F Scott Fitzgerald's classic novel, *The Great Gatsby*, will agree that in Gatsby's world, "a little party never killed nobody." The great Jazz Age screams indulgence and lavish opulence beyond compare, and these were precisely what members and their guests enjoyed in the last night of 2013.

The Broadway Show Girls and the Dan Thompson Show entertained the audience by performing renditions of popular tunes and impersonating legendary idols of the era.

The anticipation of winning top prizes in the lucky draw segment elevated the mood and spirits in the hall, and members toasted and cheered jubilantly as the New Year finally rang in. ■



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NUSS staff express their heartfelt

*appreciation
and gratitude*

for members' Hong Bao contributions

“Being at the front line can be challenging at times but I still look forward to fulfilling interactions with members. This generous festive gift from members is very encouraging to my colleagues and I. We will continue to work hard to ensure that members' experiences at the Guild Houses are enjoyable.”

Mallar Veeli

Member Relations Officer

“It is encouraging to know that members have us at heart by giving us Hong Bao every year. At the same time, we also want to ensure every facility is maintained to its highest standard before members and guests come in. Thank you for your recognition.”

Abul Faizie

Senior Facilities Executive

“We are very grateful for the Hong Bao. This is a form of assurance that members appreciate our efforts to make every seat in the Jackpot Room lucky!”

Ann Lim

Jackpot Attendant

“I would like to thank NUSS members for their kindness by rewarding all of us with this Hong Bao. I will use this as a motivation to continuously serve members and guests efficiently and make their dining experiences memorable. Thank you very much.”

Wong Kar Wai

Waitress

Inheritance, rivalry and competition — all key elements in NUSS DramaWorks' mini musical set in an advertising agency made it a fascinating watch.

ADVERTISING *with a Difference*

Dare To Be Different, NUSS DramaWork's Chicago-inspired showcase, featured original songs and slick choreography revolving around dangerous rivalry amongst co-workers. The fun began when a wealthy client engaged Rosie, the owner of an advertising agency called "Different Agency", to develop a creative concept for a club in a bid to spend her inheritance.

Rivalry ensued when two co-workers, Rosie's technology-savvy nephew, Zhong, and Naomi, a street-smart go-getter, were pitted against each other to win the account for the agency. What followed was a comedy of errors and moments



of deceit between two teams led by Zhong and Naomi. This resulted in a climax of 'make it or break it' presentations made by both teams, to impress and gain the trust of Rosie and the wealthy client - all necessary in deciding the eventual winner.

Gracing the evening was Dr Tan Cheng Bock, former Member of Parliament and presidential candidate, who enjoyed the mini extravaganza in the intimate setting of The Chill-Lab along with members and guests. ■



NUSS DramaWorks PERFORMERS SPEAK

"I have always loved performing arts, especially dance. NUSS DramaWorks gives me an opportunity to learn and indulge in my passion for dance. *Dare To Be Different* was fun, fulfilling and whetted my appetite for stage performance whilst offering a platform to showcase my dancing skills."

Lim Shoo Hoe

"*Dare To Be Different* gave me the opportunity to discover different acting roles and music writing which broadened my experiences in these areas. Through the group's training and performances, I was able to challenge myself and take my performing skills and self-expression to the next level. I am very much more confident speaking in front of crowds now."

Wayn Chiu

STUPID CUPID | 13 February 2014 | The Chill-Lab

All Thy Ways of Lovin'

Couples and singles cosied up in The Chill-Lab to count the many ways of lovin'.

THERE was love in the air, and it was evident that cupid, stupid or not, was doing his job in the run up to Valentine's Day at the Pernod Ricard-sponsored event. Members and guests, partied the night away, dressed in theme colours of pink and black.

Chivas Regal 12 Years, G.H. Mumm and Absolut Vodka were enjoyed by all throughout the evening especially in the form of special cocktails such as "Arise My Love", "Buttercup", and "Cloud 9".

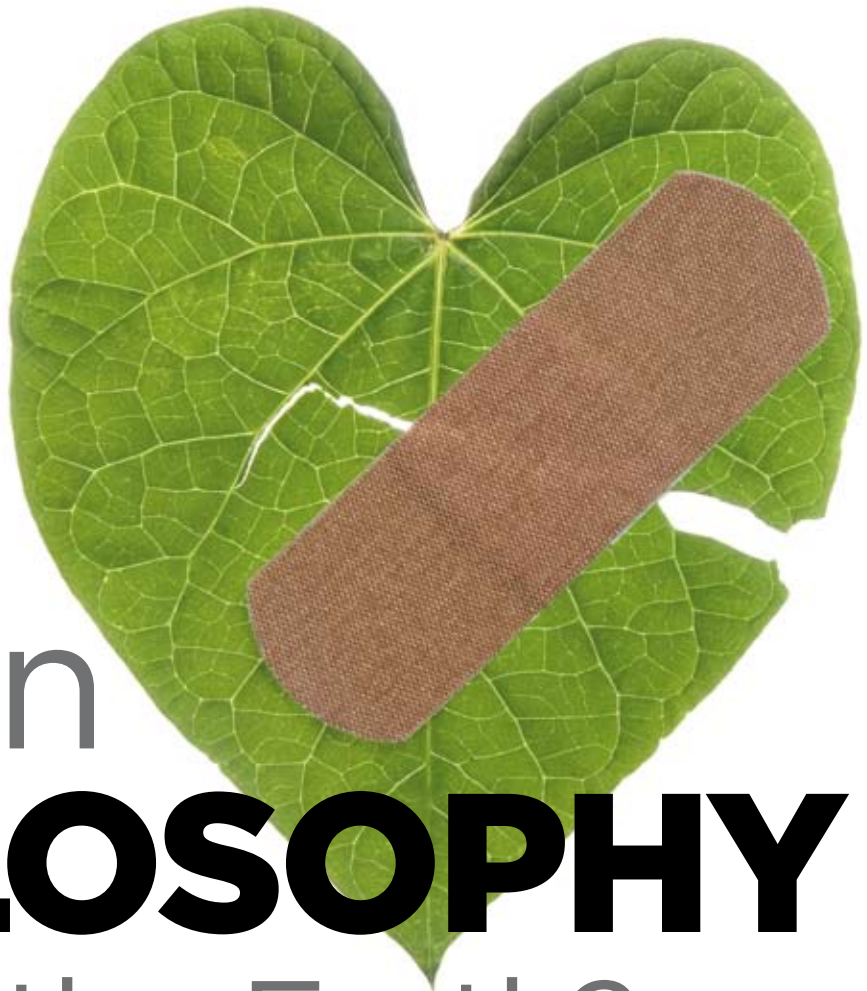
Exciting couple-themed games entertained the attendees and had them in stitches. Three-piece band, *Rumours*, also provided great music entertainment for dancing.



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Can PHILOSOPHY Heal the Earth?

According to environmental scholar, Kenneth Worthy, our economy is organised as such that we experience mostly the good feelings from our decision while the bad ones are diverted elsewhere. Humans have personal ethics but they can be swayed. We condemn forest fires when the haze becomes a health hazard. Once a while, we are reminded about green practices when we have to pay for shopping bags at the supermarket. When we see swanky condominiums, we forget the effects of urbanisation on our environment. When we enjoy a good meal, we hardly think of how the animals or fishes ended up on the table.

Green habits are applaudable but in general have little impact on the causes of environmental problems. Global warming, for example, calls for alternative energy sources. Nuclear energy was developed to reduce greenhouse emission but it produces radioactive waste that harms the future generations. The Chernobyl

disaster in 1986 continues to haunt us today just as much as the long-term cost of the Fukushima disaster in Japan in 2011 which has yet to be fully calculated.

The Position So Far

Due to environmental problems being spread across national boundaries, the conflict of interest between governments has led some experts to conclude that resolving environmental problems is heading nowhere. Few nations will commit to eliminate greenhouse emission at the expense of the economic benefits that they are enjoying. At the Warsaw climate talks last year, the term “commitment” was changed to “contribution” to accommodate two of the world’s largest emitters, China and India. Furthermore, it was not just the developing countries that were unable to commit; Japan, too, could not meet its 2020 emission-cuts target.

As such, the Warsaw negotiation failed to meet its objectives and the longstanding Kyoto Protocol has been

rendered ineffective. However, Professor Michael Maniates who heads the Environmental Studies Department at Yale-NUS College warned against the pitfall of sealing the fate of future climate talks.

“Let us be careful, then, not to conclude that global cooperation is impossible because of the great difficulties associated with establishing an international climate regime,” he said.

Even when it is possible, distrust lingers in the minds of environmentalists. This year, Indonesia’s second largest pulp and paper producer, Asia Pacific Resources International Limited (APRIL) pledged to stop deforestation. Greenpeace doubted its sincerity because it had defaulted on similar pledges twice since 2011. Environmental critics saw such moves as temporary responses to pressure.

Despite that, Professor Maniates was positive that political and economic institutions can change. “We won’t get there if we imagine that we have environmental problems because people are unethical,” he

said. "Saying this diverts our attention away from systems that compel environmentally unethical behavior, and creates little space for alternative ways of being and doing."

Instead of global schemes, Oxford-trained philosopher, Roger Scruton pushed for local initiatives. In his book, *Green Philosophy: How to Think Seriously About the Planet*, he preached about the concept of Oikophilia - a love of home. He believed that people will only care about where they live. This he said should be the primary motivation to solve environmental problems. His not-in-my-own-backyard position may not resonate with world citizens, but it reflects human nature to a certain extent.

In Mr Worthy's book, *Invisible Nature: Healing the Destructive Divide Between People and the Environment*, he reasoned that distance dissociates us from the direct experience with destruction elsewhere. Unless we are living in hell, the visceral effect is too distant to be felt. When the Fukushima disaster happened in 2011, donations and manpower poured in to help. However, only the Japanese people would dedicate their own hearts and souls into rebuilding their country.

Ethics in Economics

Every day, 100 truckloads of electronic waste (e-waste) are processed by 60,000 workers in Guiyu, China, the largest e-waste site on earth. Useful metals are recovered with simple tools such as hammers or bare hands and through burning. The unsalvageable parts are dumped on the land or into the rivers. Children play amidst these highly toxic waste, often stained by the ashes and toner powder. Contaminated rivers are used as a source for drinking, cooking and washing. As a result, the villagers have contracted cancer over the years. There is nothing green about the so-called recycling which just transfers environmental harm from a rich country to a poorer country.

Their well-being is no less important than the well-being of those in developed countries. Governments owe justice to the poorer people such as these. Ultimately, individuals are responsible for creating waste. We are fed by the culture of overconsump-

"The problem isn't too little ethical thinking or the lack of a stock of goodwill among us as individuals. The dilemma is that we live in systems that compel us, on a daily basis, to be both the agents and victims of the accelerated unravelling of critical life support systems."

Professor Michael Maniates

Head, Environmental Studies Department
Yale-NUS College



e-Waste: There is nothing green about the so-called recycling which just transfers environmental harm from a rich country to a poorer country.

tion and 'upgradism'. When China launched its new smartphone Redmi last year, it was reported that about 300,000 sets were sold in two days within 10 minutes. When the phones hit Singapore earlier this year, they flew off the shelves within eight minutes. In today's society, smartphones are a tool. Even if we may need smartphones as a tool, replacing them for vanity's sake rather than functional reasons creates unnecessary waste.

Thinking ethnically requires us to consider the people who are directly or indirectly impacted by environmental problems today and in the future. Economists make such decisions by applying the cost-benefit analysis. They use discount rate to

weight the benefits to our future generation against the costs to people in the present; a higher rate means that the latter will have to sacrifice; while a lower rate means sacrificing the former. There are debates about whose well-being we should discount - the present or the future?

An alternative moral theory called "Prioritarianism" advocates us to consider the present poor first. The present rich are not in favour for the obvious reason that they are the very ones resisting the mitigation of climate change. Rich or poor, John Broome, White's Professor of Moral Philosophy at the University of Oxford thought that asking for sacrifices was to "burden the aim of controlling global warming with the future aim of improving the distribution of resources between generations".

"No one needs to make any sacrifice to eliminate the externality of climate change. Let us concentrate on doing that first," he wrote in his book, *Climate Matters: Ethics in a Warming World*.

As Mr Scruton pointed out, "environmental problems are problems of morality, not economics." Economic consideration compares costs (adopting alternative energy) versus benefits (contribution to slowing climate change). Both are complex issues that require quantitative analysis from

science and economics that is beyond the capability of individuals to judge whether an environmental solution is good or bad. However, as individuals, we can judge it as a moral matter based on the harms, risks and benefits to people.

Environmental ethics

Property developers will never tell buyers how construction can harm the environment because they know such information will affect the latter's decision. The feel-good feelings are all that the buyers need to determine the value they put on their purchases. It is difficult to price and at the expense of our environment. How does one price the value of nature when they are destroyed as a result of urbanisation.

Natural rivers give us clean water and corals protect our coasts. Trees are materials for furniture and this magazine you are holding in your hand. Natural sights are beautiful to see and relaxes us. Such thinking has to transcend humanist ethics mentioned earlier. Environmental ethics needs to be the new call for environmental care which includes the non-human world.

"The question is not, 'Can they reason?' nor, 'Can they talk?' but 'Can they suffer?'" argued British philosopher, Jeremy Bentham (1748 to 1832).

"It is important that environmental ethics be harnessed to pave the way for a sustainable Singapore, but what is more urgently needed is getting people, young and old, to be in touch with nature and to have a direct experience of nature," said Dr Ho Hua Chew, Chairman of the Conservation Committee, Nature Society (NSS). The Society organises several special interest group activities to engage and connect city dwellers with nature.

In the heartlands, urban gardening has also sprung up to involve residents with nature. While more such communities help to reduce our alienation from nature, it only bridges the disconnection temporarily. Once we return to modernity, our sensitivity to nature starts to diminish, an observation noted in the book, *The Spell of the Sensuous: Perception and Language in a More-Than-Human World* by environmental philosopher, David Abram.

"It is important that environmental ethics be harnessed to pave the way for a sustainable Singapore, but what is more urgently needed is getting people, young and old, to be in touch with nature and to have a direct experience of nature."

Dr Ho Hua Chew

Chairman of the Conservation Committee
Nature Society (Singapore)

However, environmental ethics is not just about bonding with nature; it also recognises the rights of every living things in the non-human world regardless of whether they are useful to humans or not.

Dr Ho, who has taught a course on environmental ethics in the Philosophy Department of NUS for years, lamented that supporters of such views are in the minority. Most people in the world think that nature owes its existence to its usefulness to humans.

"This is called the anthropocentric worldview, whether subscribed to consciously or unconsciously, which is underpinned by the philosophical tenet that whenever there is a conflict between humans and non-humans. Human needs take priority but why should this be case? Why can't animal needs have priority?" questioned Dr Ho.

Debate on environmental ethics cannot be rational without an understanding of how ecosystems work. Thus we should not be too simplistic in our argument for a non-anthropocentric worldview. A good example was the drowning of two bison at Yellowstone River in 2006 when they fell through the ice. Park authorities stopped rescue efforts of the snowmobilers. Their reason? Let nature take its course. While it may sound cruel, their carcasses became food to other wildlife that were experiencing food shortage on the small island.

In theory, a Utopia sounds great but in reality, a world where every living beings live harmoniously together

is out of reach. We change nature to live our lives but if we change it too much, we destroy it. "The problem isn't too little ethical thinking or the lack of a stock of goodwill among us as individuals. The dilemma is that we live in systems that compel us, on a daily basis, to be both the agents and victims of the accelerated unravelling of critical life support systems. Corporate and government leaders do not get up every day thinking about how they can destroy the planet or ignore the plight of the dispossessed; just the opposite in fact." said Professor Maniates.

Mass media has a part to play in our scepticism towards environmental efforts. Flat reporting downplays scientific findings and highlights dramas, conflicts and personalised stories to drive news, Science Daily reported.

Singapore, Truly Green?

Over the years, Singapore has transformed itself from a garden city to City in a Garden. As such, it would be highly possible that along the way, construction sites would have created further pollution and damage to the natural greenery. The truth is that ersatz greenery can never replace nature; creating make-believe greenery does not make construction any greener.

"I do consider the green notion of man-made greeneries in our city constitutes greenwashing when it is touted as adequate compensation or a substitute for the ecosystem service and the wild greenery and its wildlife that are disappearing very

fast all over Singapore,” said Dr Ho.

As a newcomer to Singapore, Professor Maniates observed, “I can say that the greening of cities is among the most important things that we can do in urban areas, and that Singapore should be proud of its international leadership in this area. If this greening of Singapore as a City in a Garden inspires us to ask deeper questions about the drivers of environmental ills and how we best address these drivers, then that is a good thing.”

Green Education Efforts

The Singapore Environmental Council (SEC) offers several holistic programmes that are created for corporations and the community to address environmental conservation and sustainable development. At its school level, environmental programmes are coupled with awards to nurture future eco-warriors. For their School Green Awards, SEC observed an increase in the number of recipients over the last two years. The figure was 261 in 2012 but rose to 327 in 2013. Conversely, will the absence of awards affect green thinking?

“In the case of Singapore where award recognition and incentivisation still play significant roles in gain-

ing traction for a certain cause, the absence of awards might be detrimental towards our push to protect our environmental spaces,” said Mr Jose Raymond, SEC’s Executive Director. “Singaporeans have yet to attain the level of appreciation and ownership of their environmental spaces as compared to their European counterparts.”

Despite the burgeoning infrastructure development on our small island, Dr Ho remained hopeful that we have enough land for development to leave the remaining wild greenery left substantially untouched. Recently, NSS recommended to URA 12 areas in Singapore to be designated as nature parks. Projects such as the Bidadari Muslim Cemetery and Sungei Ulu Panda were resubmitted for consideration.

“It is all a matter of design,” he said. “The crux here is that we should not be moving too fast as this opening up of used lands for new developments will take some time to unfold, estimated from 10 to 30 years’ time.” That said, what really heightened Dr Ho’s hope for a positive outcome of the recommendations to URA is the changing mindset of people.

Professor Maniates felt that more and more Singaporeans, not just the

“I can say that the greening of cities is among the most important things that we can do in urban areas, and that Singapore should be proud of its international leadership in this area.”

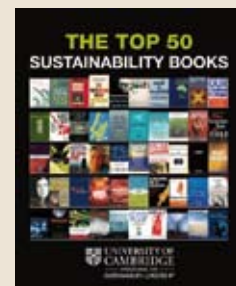
Professor Michael Maniates

greenies, are up-in-arms against any depleting of existing greenery - even with respect to roadside trees. As Professor Maniates wisely reminded us, “We can be selfish, but we can also be incredibly giving and blessed with amazing foresight.” ■

Gardens by the Bay, Singapore.



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For the best perspectives to date on the pressing social, environmental and ethical challenges faced worldwide, check out *The Top 50 Sustainability Books* published by Greenleaf Publishing.

IN CONCLUSION Motivation drives every activity in life, environmental causes included. Unless people can feel the direct and immediate consequences of their decisions, there is no real urgency to save the earth.

WHAT'S WH(A)RT)?

Artistic interpretation often seems like something far beyond the aesthetic tastes of us regular folk. We peer at absurd paintings and abstract sculptures, nodding pretentiously at something we don't definitively understand, hoping that no one decides to delve further into our appreciation of the piece. In our modern society of affluence, it has become a common practice for many of us to spend to impress, venturing into the world of art just so we can feign a sense of sophistication and class, rather than truly appreciating the pieces of work that artists have spent countless hours of painstaking effort on.

It is in this perpetual pursuit of superficial refinement that we often overlook the ease by which art can actually be properly appreciated. From the gentle curve of a brushstroke, to the smile on the face of a sculpted mother carrying her child, and even the vibrancy of colors in a floral painting. Each of them carries its own unique weight in significance and beauty. Each of them contains elements that, relative to the

individual, would endear it to them.

When an artist begins a piece, he paints or sculpts with an idea of what he hopes to achieve, and draws from his own inspiration and interpretations of this conception. While it is always a must to respect where he has come from, that is not to say that we, the viewers of his finished work, are not free to interpret it as we see fit. Art, much like most other aesthetic subjects, is extremely subjective. Some may appreciate it in paintings of the French renaissance, while others

Not everyone, after all, agrees that the Mona Lisa is truly an exceptional beauty, yet few dispute the prowess of the great Leonardo Da Vinci.



Timeless Elegance, 2012 by Emily Por

might prefer the classics from Italy. Not everyone, after all, agrees that the Mona Lisa is truly an exceptional beauty, yet few dispute the prowess of the great Leonardo Da Vinci. Similarly, precious few can even hope to interpret what the master of abstract art, Picasso himself, ever meant in his pieces, but nonetheless, he is a legend among artists.

There are no true experts in art. It is a field where technicality can be surpassed by creativity and imagination. A great piece may not involve the greatest amount of skill, but it can be called great all the same, should there be people willing to appreciate it. As Van Gogh once said, "Painting is a faith, and it imposes the duty to disregard public opinion." The same can be said of all forms of artistry, and one should do well to remember it. So next time, when you happen to behold an art piece, don't despair that what you think of it just doesn't match up to what everyone else is saying. Remember, they probably can't see what you see in it after all. ■

Written by Ignatius Tan

The article was contributed by 7Adam Gallery. Please visit www.7adam.com to see more gallery offerings or contact 7Adam at artenquiries@7adam.com.



Canoa Blue, 2013 by Deusa Blumke



About 7Adam Gallery Restaurant

A marvellous fusion of food and art, 7Adam Gallery Restaurant is nestled amongst lush green foliage at Adam Park. It is the perfect place to spend a romantic evening, have a warm gathering with friends or simply lull away a leisurely afternoon with a feast for the senses. The gallery and restaurant housed in an evocative colonial house, features an eclectic mix of haute cuisine and contemporary art by acclaimed artists from around the region.

A Warm Welcome and a Fond Farewell

When Mr Roy Higgs started work, he soon learnt that good relations with colleagues, staff and clients was paramount. This has so far put him in good stead in his career and even in his personal life.

“If you’re going to do something, do it with as much energy and sincerity as you can,” Mr Higgs said. This is an approach that the new CEO of NUSS has applied to his stewardship of the companies and clubs he has managed over the past many years. Graduated with a Bachelor of Science (Honours) degree from then University of Singapore and an MBA from the University of Strathclyde, Mr Higgs comes onboard NUSS as a seasoned manager and project administrator with a broad spectrum of experiences borne from his stint in the army, the University of Singapore, the hospitality industry and clubs.

A people’s person by nature, Mr Higgs’ sincere approach and easy demeanour belies the firmness he

“It is important that there are many channels of communication to understand what members want and to work with the various committees to make it happen.”

holds when it comes to work to be done. Always looking to provide encouragement and direction to his staff, he emphasised, “It is really about knowing what makes them tick, what they are concerned about, and filling in the gaps so that they can offer their best to the organisation.”

While he’s all about getting work done, Mr Higgs also remarked, “With work, it requires different strokes for

different situations. Work must be done, whatever the approach.” His discipline in work makes him an ideal leader and an easy choice as a candidate for diplomatic positions even.

An avid learner, Mr Higgs revealed his passion for Southeast Asian history, “There is much to be learnt from history and from what has been repeated over time. It has been fascinating to see how else we can make things better today and to learn from the timeless lessons already shown across time.”

He summarised with the importance of being open in his new role, “As with all successful members’ clubs, it is important that there are many channels of communication to understand what members want and to work with the various committees to make it happen. I look forward to contributing to this as best as possible so that together, we can become a great Graduate Club.” ■



THANK YOU FOR AN INCREDIBLE JOURNEY

Dear Members

It has been my honour and privilege to have served you as the CEO for the last five years. It has been an incredible journey which has allowed me to be a part of an exciting period in NUSS history, from the official opening of the current Kent Ridge Guild House to the recent opening of the new Suntec City Guild House, and which has seen a big increase in members engagement through activities and events.

I leave with mixed feelings; sad at the prospect of parting from colleagues and friends who have been such an integral part of my life, yet excited at the new challenges that await me coupled with the confidence that my successor will be able to bring NUSS to greater heights.

My sincere thanks and appreciation to Presidents and Management Committee Members, both past and present, colleagues and members who have made this such a rich experience for me. I will always remain one of NUSS’ biggest fans!

Tong Hsien-Hui



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SINGAPORE'S ENERGY LANDSCAPE

PROJECT
POWER UP

Singapore has always faced a major dilemma: ensuring energy supplies not only meet rising demands, but are also affordable, secure and sustainable. How are we overcoming this challenge thus far and are we efficient enough? **Antoinette Tan** examines Singapore's current energy landscape and its future.

Singapore is a small city-state, where land is scarce and lacking in natural and energy resources. As such, we have continually imported almost all of our fuel. However, this arrangement has left us susceptible to price fluctuations as well as supply risks. Hence, to safeguard against these, Singapore has had to evolve with its limited resources, whilst keeping in mind that energy efficiency of both fuel and electricity that remained an issue of pressing importance to a sustainable development of the country.

In order to overcome these challenges of energy security, environmental sustainability and economic competitiveness, Singapore has, over the years, adopted a multi-faceted, whole-of-government approach, to mitigate measures across industry, household and the public sectors. It has structured blueprints and master plans to promote energy efficiency, diversify our energy sources, as well

as to influence energy management and consumption behaviour.

Singapore's Strategies

Some of these structures and policies, which have set the stage for our current energy efficiency framework, comprise the establishment of the Energy Efficiency Programme Office (E2PO) that promotes energy efficiency through various sector-specific measures; the Sustainable Singapore Blueprint that aims to achieve a 35 percent improvement in energy intensity by 2030 over its 2005 levels and the Energy Conservation Act (ECA) effective from April 2013, which consolidates energy legislation across various sectors and introduces minimum energy management standards for companies that consume more than 15 GWh of energy per year.

Under the E2PO, there are various incentives and grants for research and development, and for businesses, in which the government co-funds investments or provides tax rebates

for energy-efficient equipment or technologies. For example, the Grant for Energy Efficient Technologies (GREET) incentive scheme encourages owners of industrial facilities to invest in energy efficient equipment or technologies, while the Design for Efficiency Scheme (DfE) encourages companies to look into energy and resource efficiency early during the design stage of a facility.

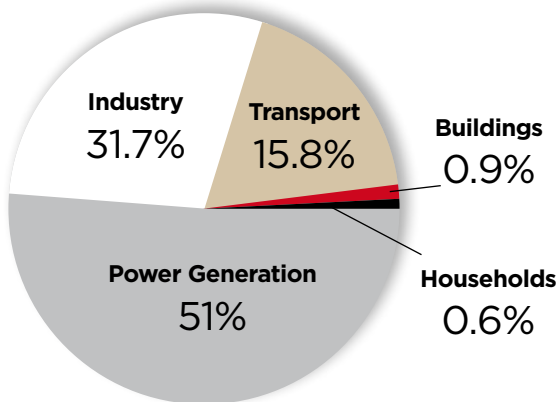
Prof Michael Quah Cheng-Guan, Director of the National University of Singapore (NUS) Energy Office, and Professor in the Department of Chemical and Biomolecular Engineering, agreed that these measures do promote energy efficiency.

"The Energy Conservation Act and energy efficiency programmes such as GREET and DfE are valuable," he said. "For industry, programmes such as improved heat management and integration, cogeneration or even trigeneration systems, and waste-to-energy innovations, will help reduce energy intensity."

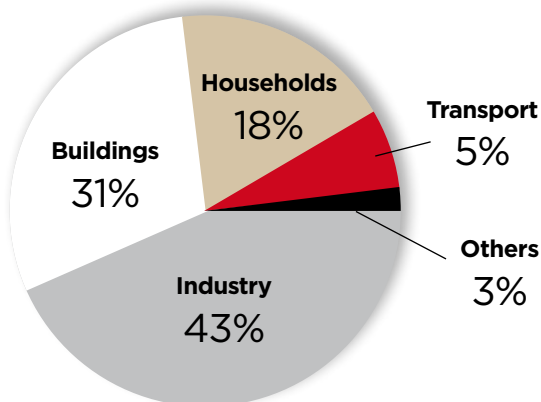
The Sustainable Singapore Blueprint

contains initiatives and strategies to achieve both economic growth and better living environment. One of the main ways is to improve resource efficiency to evolve with fewer resources. By achieving more with less, costs can be reduced, precious resources such as energy and water can be freed up to grow the economy, and thus emerge competitive. Ultimately, the goal is to achieve a 35 percent improvement in energy efficiency from 2005 levels by 2030.

SINGAPORE Fuel Consumption



SINGAPORE End-use Electricity Consumption



“Technology is an absolutely necessary condition, but it is insufficient,” Prof Quah added. “More than 60 percent of contribution to emissions is by industry, and industrial emissions remain a challenge.”

This is possibly where the ECA will come in effective with its mandating of energy management practices.

Energy Conservation Act

Although a comparatively recent addition to the government’s stable of strategies and policies, the ECA looks promising on the energy efficiency front, given that the industrial sector is not only the largest consumer of electricity at 43 percent, but also the second largest consumer of fuel after power generation at 31.7 percent. This means that in total, the industrial sector accounts for 60 percent of all of Singapore’s energy consumption, which the ECA is targeting.

The new ECA thus offers a great opportunity to improve energy efficiency via a consolidated energy efficiency-related legislation, as opposed to the previous number of different Acts for different sectors. This ECA legislation includes the appointment of energy managers, the reporting of energy use, and the submission of energy efficiency improvement plans by the above-mentioned large energy users, especially in both the industrial and transport sectors. These companies will also need to monitor and report their greenhouse gas emissions, which Singapore aims to effectively reduce, as highlighted in the Sustainable Development Blueprint.

Reduce Energy Intensity

Dr Thomas Reindl, the Deputy CEO of the Solar Energy Research Institute of Singapore (SERIS) and a Principal Research Fellow at the NUS, observed, “The Singapore government is strongly committed to reduce the country’s greenhouse gas emissions, and particularly its carbon footprint. The aim of the National Climate Change Secretariat (NCCS), under the Prime Minister’s Office (PMO), is to reduce the carbon dioxide (CO²) emissions by 16 percent below BAU 2020 levels (“Business-As-Usual”), depending on the conditions of a binding international agreement. On good faith, Singapore wants to reduce the emissions by 7 to 11 percent anyway.”

So, how do we reduce these emissions? According to Dr Reindl, “There are generally two ways for reducing CO² emissions: lowering the energy demand through energy



“More than 60 percent of contribution to emissions is by industry, and industrial emissions remain a challenge.”

Prof Michael Quah Cheng-Guan

Director, National University of Singapore Energy Office

efficiency measures, and adding carbon-neutral generation capacity to the fuel mix through the introduction of renewable energies.”

“About 85 percent of the country’s fuel mix is from natural gas, about 12 percent from petroleum products and about 3 percent from others, such as waste-to-energy or solar.” he explained. “The gas supply is piped natural gas from Malaysia and Indonesia, which only recently has been complemented by gas from Singapore’s first liquefied natural gas (LNG) terminal.”

Energy Diversification: Natural Gas

While this switch from fuel oil to natural gas had been part of a key long-term strategy in mitigating greenhouse gas emissions, the decision to build our own LNG terminal was only made in 2006, and officially opened on 25 February 2014. In a world where oil supplies are rapidly depleting, natural gas has caught up as an increasingly important alternative, with LNG at the heart of this evolution.

The official opening of Singapore’s first LNG Terminal, operated by Singapore LNG Corporation Pte Ltd

“There are generally two ways for reducing CO² emissions: lowering the energy demand through energy efficiency measures, and adding carbon-neutral generation capacity to the fuel mix through the introduction of renewable energies.”



Dr Thomas Reindl
Deputy CEO
Solar Energy Research Institute of Singapore

(SLNG), therefore marks an important milestone and new chapter in Singapore’s energy security and the future development of this sector.

Furthermore, natural gas is expected to rise up to the challenge of meeting Asia’s energy demands for its power, transport and industrial

use. The surge in global natural gas demand has also been predicted to increase by 50 percent to five trillion cubic metres in 2035.

Bearing in mind our country’s limited resources and the necessity to import this fuel alternative, the S\$1.7-billion terminal is a critical



SINGAPORE’S LNG TERMINAL

- The LNG Terminal is currently operating with three storage tanks and a throughput capacity of up to 6 million tonnes per annum (Mtpa). With plans for a fourth storage tank, the terminal’s throughput capacity will be raised to at least 9 Mtpa.
- The first three LNG tanks are each 53 metres high and 90 metres wide. Each of these tanks can hold 180,000 cubic metres of LNG, large enough to fit two Airbus A380 aircraft, stacked one on top of the other, within it.
- There is a total of 1,555 tonnes of piping in the pipe racks at the LNG terminal. When laid out straight, it is equivalent to the distance from Singapore to Malacca.
- During the first phase of construction of the Terminal, more than 15 million man-hours were worked on the project with zero lost-time injury. At its peak, there were 2,900 people working at the LNG terminal construction site.

SINGAPORE

infrastructure that not only allows us to import and access competitively-priced gas globally, but also ensures the security of supply sources in order to meet our current and future energy demands. Since operations commenced on 7 May 2013, some 18 LNG vessels have called at our terminal, delivering about 1.08 million metric tonnes of LNG to Singapore, some of which have been supplied from sources at Equatorial Guinea, Trinidad and Tobago.

Mr John Ng, Chief Executive Officer of SLNG, said, "SLNG is proud to be given the responsibility of managing and operating such an important national infrastructure. We will focus our efforts to ensure that our facilities are designed, our plants are operated and our staff are trained to deliver the highest reliability and availability in sending out natural gas to the nation's gas pipelines."

The facility has a multitude of benefits for the country: to support the growth of Singapore's LNG sector, to attract more LNG traders and businesses, to develop Singapore as an LNG hub for the region, and to create LNG-related business opportunities and new jobs in this sector, including trading, bunkering and vessel cool-down services.

Considering that more than 90 percent of the electricity in Singapore in 2013 was generated using natural gas, this is indeed a crucial infrastructure for the country. Furthermore, with this switch from fuel oil to natural gas, from only 19 percent in 2000 to about 80 percent today, Singapore has significantly reduced its emissions growth over the last decade. This perfectly complements the current framework to promote energy efficiency and environmental sustainability.

Energy Diversification: Solar

Besides diversifying our energy sources with natural gas, solar energy is another possible alternative to ensure efficiency and sustainability objectives. Dr Reindl surmised, "By far, the most promising renewable energy technology for Singapore is photovoltaics (PV), the direct conversion of sunlight into electricity using solar cells. There are numerous measures



From fuel oil to natural gas

More than **90 percent** of the electricity in Singapore in 2013 was generated using **natural gas**. By switching from fuel oil to natural gas, from only 19 percent in 2000 to about 80 percent today, Singapore has significantly reduced its emissions growth over the last decade.

and government support programmes underway to improve energy efficiency at the industrial, commercial and building level; many of them include R&D efforts, which aim at developing innovative solutions or adapting existing technologies to local environmental conditions."

The main discussion is currently around the possible impact of a larger share of distributed variable generation from PV installations on the stability of the electric power grid in Singapore. Dr Reindl shared, "SERIS is closely working with Energy Market Authority (EMA) and other local institutes to solve these issues, which are not pressing today since the PV share is still very small, but will become important in five to 10 years time."

The Future Is Bright

While it appears that Singapore's collective energy efficiency efforts are set to boast benefits to our economy and

environment, these are not without any challenges.

Prof Quah highlighted that an "inadequate understanding of the valley of death that must be traversed from the Technology Readiness Levels (TRL) 2-3 where most academic results are published, to TRL 7-8, where local SMEs and Large Enterprises can afford to commercialise the appropriate systems"; Dr Reindl also added that space, grid integration and tropical climate as challenges for the large-scale deployment of solar energy.

In conclusion, Prof Quah noted that Singapore offers "a truly solid commitment to basic, bleeding-edge R&D here." Coupled with our new LNG Terminal, as well as the research and innovations by SERIS, Singapore looks set to overcome its challenges of energy security, environmental sustainability and economic competitiveness, and benefit from its energy efficiency measures. ■

Reaching out, touching hearts

Joint Philippines-Singapore humanitarian mission effort in typhoon-hit Kinatarcan led by Cebu City's Basilica de Santo Niño Foundation brings comfort to its islanders

By Tan Chung Lee

It was a scenario that Marilyn Moaña would rather forget. On November 8, 2013, at 9 am, the sea just a few metres from her coastal home on the idyllic island of Kinatarcan off the main island of Cebu in the Philippines was calm. In fact, when Marilyn looked out of her window, she noted it was low tide then.

As she went about her household tasks, she suddenly heard a deafening whoosh. What happened later was a scene that would forever be etched in her mind.

A storm surge with waves over three metres in height swamped over the island's shores without warning and a fishing boat carried by the waves slammed right against her house, crushing it. The next thing she knew, she, her disabled husband and their five children aged from four to 18 years were cast adrift amid the floating debris of their home.

With quick presence of mind, she caught hold of two of her children and held up their chins above the fast rising sea water while neighbours rushed in to help pull out her other children and husband, hauling them to safety.

All of them huddled against what was now a howling wind raging across the island, tearing off the branches of coconut palms, ripping off the roofs of churches, flattening houses and damaging fishing boats.

Then as suddenly as it had begun, the wind abated and the waters receded back into the sea. The terrifying typhoon, nicknamed Yolanda, also known as Haiyan, was over in just two hours.

But for Marilyn and the other 9000 islanders of Kinatarcan, the nightmare had only just begun.



A crushed concrete rain shelter

Lending a helping hand

It was against this backdrop that the Santo Niño de Cebu Augustinian Social Development Foundation, Inc (SNAF) headed by Executive Director Reverend Father Tito Soquiño, of the historic Basilica de Santo Niño in Cebu City, swung quickly into action to offer assistance to the islanders.

Apart from immediate help in the form of providing food and temporary shelter, the long-term aim of SNAF was to look at the rehabilitation of the island, to help its people rebuild their lives, their homes, and to create alternative and sustainable livelihoods so as to provide for a better future for themselves and their children.



Coconut palms bereft of branches

Role of SNAF

As an NGO (non-governmental organisation) working with the Philippines Justice and Peace Commission, and Order of Saint Augustine (OSA), one of Philippines' oldest missionary organisations, SNAF's task is to reach out to island communities that have poor access to government services, are vulnerable to natural disasters and are deprived of economic opportunities, hence the birth of its Thousand Island Project (TIP). This project aims to cover 1000 of the more than 7000 islands of the Philippines archipelago that are vulnerable to climate change.

Although technically part of the municipality of Sante Fe in the neighbouring island of Bantayan, Kinatarcan came within the aegis of Cebu – and under the wing of SNAF – due to its closer proximity.



A damaged chapel

The aftermath of Typhoon Yolanda on life in Kinatarcan

Father Tito describes the fishing village of Kinatarcan, pre-Typhoon Yolanda, as the “Alaska of the Philippines” thanks to its pristine environment and the bounty of the sea surrounding it.

Now all that is gone. “The island was one of the worst hit by Typhoon Yolanda. It was cut off and isolated from the rest of the Philippines and the world for several days. Unimaginable damage was sustained,” said Father Tito.

“No less than 95 per cent of the houses on Kinatarcan are now without a roof. Families lost fishing boats and thus their livelihood, forcing them to resort to illegal fishing such as using dynamite. This in turn depletes fishing stocks and damages coral reefs.

“All of the island’s elementary schools, one in each of its three villages, were badly devastated. And all the children have been traumatised.”

Kinatarcan is close to the heart of SNAF and OSA as it is part of the parish of the Basilica de Santo Niño in Cebu City. Father Aladdin Luzon of OSA and a parish priest administers to the spiritual needs of the Kinatarcan community. He recalls how the churches and chapels on the island have not been spared by Typhoon Yolanda either, with their roofs ripped off and some of their walls broken.

When outside help was able to reach Kinatarcan, several days later, tarpaulins were immediately put up to provide temporary shelter. It is under these makeshift tarpaulins that schooling has resumed for Kinatarcan’s children.

More protective shelter in the form of tents, known as Box Shelters, donated by the Philippines branch of Rotary International, were later erected to house individual families.

But life, as Marilyn can testify, is tough. The box shelters have just enough space for sleeping, she says. She and her family spend most of their time outdoors where they cook and have their meals.

She looks forward to having a proper home again and hopes that it will not be too long a wait.

As it turns out, if all goes well, her prayer may be answered sooner than she imagines.



A family outside their box shelter home and a tarpaulin shelter



Ruins of what was once a home

SNAF’s action plan

When SNAF went into action to work towards the rehabilitation of Kinatarcan, it had formulated a well-thought of plan with clear goals and objectives. Ultimately, the aim of SNAF is to work towards not only recovery and rehabilitation but also to help build resilience within the community in dealing with future calamities.

Principally, the plan is to provide assistance to the most vulnerable sectors of the island’s population comprising children and its young men and women.

To this end, it was felt that a benchmark facility for education, training and community livelihood involving an alternative learning system (ALS) should be set up to cater to those not involved in regular schooling because of poverty and other problems.

As part of the ALS facility, a day care service could be incorporated to replace the three child care centres that were destroyed. The facility would also provide a safe and healthy learning environment that could serve as a means of integrating group trauma therapy sessions and the development of disaster-preparedness and the response capabilities of small island communities similar to Kinatarcan.

It was felt that whatever programmes are finally drawn up for the young people of Kinatarcan, a comparable programme has to be made available to their parents, especially mothers, to help ensure sustainability. After all, it will be the parents who will be motivated to ensure that their children acquire the necessary alternative learning skills for a better future life.

Among skills that could be taught are the culinary arts or computer training for children, for instance. Parents could also be given training in cooking or house-keeping to prepare for a possible home-stay programme for tourists which can be a useful source of income.

SNAF estimates that its programme will take at least six months to bear fruit.

Kinatarcan: Some salient facts

It is located northwest of the island of Cebu. Home to some 9000 islanders, the idyllic atmosphere belies the realities of life here.

Dubbed "the forgotten island", Kinatarcan has always been outside the radar of government institutions, hence the importance of the work of NGOs like SNAF.

According to the latest statistics, released in 2012, the island's population stands at 9,208, making up 1679 households spread across three separate villages or barangay: Langub, Hagden and Kinatarcan proper.

Just 6.8 km long and 2.5 km wide, the island has 341 children, of whom 300 are between the ages of three and six who attended a day care centre in their village while their parents worked.

After the typhoon, all the three day care centres have now been destroyed and the children have nowhere to go.

The island's sole elementary and high school were similarly affected and now, teaching is conducted in the open under the shade of tarpaulin.

One of the island's major challenges is finding suitable youth employment opportunities.

Many of its young men can only look forward to becoming a fisherman as their fathers and grandfathers before them.

With employment opportunities lacking, girls tend to marry at an early age.

On the upside, Kinatarcan has minimal crime and delinquency. But one fact remains: there are no medical facilities available on the island and when there is an emergency, the sick have to be ferried out to Cebu, which might be too late. The need to provide some basic health equipment for use in emergencies and training some of the islanders on how to use this is considered imperative.

Water on the island is another issue as it has always been in limited supply. There is only one deep well located on the island's highest spot in the north but for the most part, villagers rely on rainwater which is collected in terracotta containers and is boiled before use. There is thus an urgent need to find a practical solution to install a water system to serve the whole island.

Another problem that needs to be addressed is that of sanitation. Few homes have proper sanitation as the island lacks a system of waste disposal.

Photos: Tan Chung Lee



Approach to Kinatarcan island

Wish list for the rehabilitation of Kinatarcan

So, for SNAF, the approach to the rehabilitation of Kinatarcan would go beyond the attempt to bring back life on the island to pre-Typhoon Yolanda levels. There would have to be a means to improve education and to help the islanders, especially its young, to develop new skills with which they can forge a new future.

To this end, a new educational and skills development centre – the Alternative Learning System Centre – tops SNAF's wish list.

Ideally, the centre will be designed to serve as a model climate resilient facility with solar power, rainwater catchment, natural lighting and ventilation and a communal garden. It should have a classroom capacity for 40 students with dedicated rooms for vocational and technical training plus facilities for child care. Above all, it has to be a building that can withstand 250 km/h winds.

SNAF hopes to embark on the construction of the ALS centre – dubbed Phase One - as soon as possible, after which it hopes to look into the second phase of providing alternative livelihoods for the Kinatarcan islanders such as the introduction of new fish farming methods.

The budget requirement for Phase One is 3,350,000 pesos or S\$111,667 (US\$87,988).

It is envisaged that the Cebu Chamber of Commerce would be one of SNAF's collaborators for this educational effort.

The key concept of TIP is the "alternative delivery" system. So the question remains: How and in what form would this system take?

Template for other rehabilitation programmes

SNAF is looking not only at restoring the lives of Kinatarcan's population; it also hopes that the rehabilitation of the island can serve as a template for the rehabilitation of island communities affected by similar calamities.

And since the government was found lacking in helping in the rehabilitation of Kinatarcan, currently the model is private-sector driven – and to some extent, foreign-driven.



Photo: Achie Ong

Kinatarcan children putting a brave face in the midst of devastation

The Singapore connection with TIP

Before Typhoon Yolanda struck the island of Kinatarcan and wrought its damage, Father Tito had already visited the idea of improving the lives of its people who constitute one of the Basilica de Santo Nino's many cherished, albeit impoverished, parishes.

SNAF had in fact explored the possibility of commissioning a feasibility study to explore introducing alternative livelihoods back in 2011 not just for Kinatarcan but for other thousand island communities in the Philippine archipelago, hence the TIP name. Funds were needed to make TIP a reality.

It was an idea he shared during his visit in Singapore in December of that year, hosted by Gerard Gonzales, a communion minister at St Teresa Church. The visit was made possible thanks to a personal request to fellow church member, Gerry de Souza, a veteran champion of charity causes in his personal capacity and later linked to organisations such as the Singapore Power Boat Association (SPBA) and AHPADA (Asean Handicraft Promotion and Development Association), via retired lawyer Derek Wicks of Manila to render as much help as possible to Father Tito.



A chapel in need of repair

It was in late 2013 when SPBA was able to lend its official support to TIP when it changed its constitution to empower it to support worthy acts of charity within the region, first in Singapore, then Malaysia, Indonesia and the Philippines. It was a move made when Gerry, then SPBA president, realised that many of the 35-year-old association's influential members would have the means and capability to help and try to alleviate island poverty in the region. As events would have it, this coincided with the time when Typhoon Yolanda wreaked havoc in the southern islands of the Philippines, including Kinatarcan, on November 8, 2013.

There was then an urgent need to render immediate help to the islanders. This was when Gerry enlisted the help of Archie Ong, another veteran Charity Champion and Community Care Chairperson at the National University of Singapore Society, the largest university alumni body in Singapore. The duo launched an appeal for humanitarian relief for the islanders.

In a week, six containers of clothes, foodstuff and other supplies left Singapore to be distributed to the islanders. In the meantime, the two charity veterans decided it was imperative to put together a team that could help in the long-term rehabilitation of the island, working in tandem with SNAF.

Thus was born the Singapore volunteer chapter of the Thousand Island Project, comprising a group of professionals who could help in the island's recovery. Among them is Tay Kheng Soon, a renowned Singapore architect and adjunct professor at National University of Singapore's school of architecture, an eco-champion and a proponent of ruburbanisation which advocates the thinking of the city and the countryside as one space, and not two.

The others include builder and quantity surveyor, Michael Nalpon, his filmmaker son, Jordan, tasked to document on film the story of Kinatarcan and its rebound for the National Geographic Channel and me, as journalist and publicist.

Then there is Irwin Rio, a Cebuano living and working in Singapore as an engineer who through his family was able to bring the work of TIP to the attention of Cebu City's Mayor Michael Rama.

Completing the group is Harmit Singh, a corporate retiree and an important benefactor who stepped in, without hesitation, to provide initial funding to help TIP get off the ground.



Mayor Michael Rama of Cebu City (centre) with TIP team

NUSS Community Care to spread its wings

After more than a decade of caring for the less fortunate in Singapore, the Community Care Sub-Committee of NUSS is reaching out to the needy outside Singapore's shores and it has identified the typhoon-hit island of Kinatarcan as a good start. If you would like to help in any way you can, kindly contact the Chairperson of Community Care Archie Ong, at 9637 0768 or How Wei Quin at 6586 3741.



TIP team in Kinatarcan (clockwise from left) Father Tito, Michael, Irwin, Kheng Soon, Archie, Gerry and Harmit

Visit of Singapore TIP team to Cebu and Kinatarcan

The eight-member team arrived on January 20 in Cebu City to meet with Father Tito, Father Aladdin and SNAF officials to better understand their mission and offer some ideas on how Kinatarcan could be rehabilitated, including how new livelihoods could be created.

Agreeing with SNAF that Kinatarcan's rehabilitation should serve as a template for other similar island societies in the Philippines in future disasters, the team also emphasised the need for Kinatarcan islanders to gain ownership of initiatives that could be established to help them recover; this could also empower them to eventually assist other communities.

Among some of the initiatives tossed up was the introduction of fish farms, and the practice of eco-farming, using a system of growing algae to feed fish and animals – algae that is in turn derived from animal and fish waste. The algae would provide useful feed for Kinatarcan's population of goats and pigs, while the setting up of fish farms would reduce the island community's dependence on the sea for fishing and provide a means of a more reliable source of income through the sale of farm-raised fish.

What's more, new skills would have to be learnt on how to raise farm fish and in filleting fish for export, for instance - skills that would help keep the island's young population gainfully employed.

The need to introduce a cheap but efficient source of energy – powered by wind – was also discussed as there is presently no electricity on the island. Firewood is used for cooking.

Also debated was the possibility of building a high-end resort in some part of Cebu, based on a model in Thailand where part of a luxury resort's revenue received from guests is channelled into a fund that go to help in the development of villages and schools around the resort. Similarly, revenue raised from guests staying at such an exclusive resort in Cebu, if realised, could go to a fund for developing not only Kinatarcan but the other small islands around Cebu.

An arts village was also put forward as this would provide a means of reviving and preserving traditional arts and crafts which in turn could be showcased and sold to tourists as souvenirs. Money raised from handicraft sales in such villages could similarly be fed into a fund for the development of 'thousand island' communities.

The discussion with SNAF on January 21 was rounded up with a visit to Cebu's City Hall, where the TIP team was warmly received by Mayor Michael Rama, who expressed his appreciation of the help being rendered to the Kinatarcan community by SNAF and the Singapore TIP team.

At the end of an hour-long meeting and discussion, he pledged his support and assured that his office would work as a catalyst to get TIP and its initiatives off the ground. He also agreed that eventually, the establishment of any projects on Kinatarcan would see the islanders and Cebuanos gaining ownership and being empowered to act in similar rehabilitation projects elsewhere.

Trip to Kinatarcan

On January 22, the TIP team made a special visit to Kinatarcan for a first-hand experience of life on the island in the wake of Typhoon Yolanda.

Three hours on a long and winding road brought us to Daanbantayan where we boarded a bangka for a choppy 60-minute ride over high waves – evidence of how Typhoon Yolanda was still having an effect on the sea and local weather pattern.

But the beauty of the island, with its clear waters and soft white sand beaches, was palpable from the moment we landed.

We were ferried from the beach landing point on motorcycles to Langub village and witnessed en route the ravages of Typhoon Yolanda – a broken concrete rain shelter, coconut palms bereft of branches, churches and chapels without roofs, a pile of crushed corrugated metal that was once a house and ruptured fishing boats.

Dotted everywhere we went were white igloo-shaped box shelters that are now homes to displaced families.

A heartfelt welcome and a table of plenty – despite obvious deprivations – awaited us thanks to the generosity of Maria Kessler, better known as Ate Elvie, a Cebuana and frequent visitor to Kinatarcan during breaks in her 25-year sojourn in Zurich, Switzerland.

An uphill hike along the pilgrim's path of the Stations of the Cross afforded us an overview of Kinatarcan and its coast. On its summit, the island's chapel lay in ruins, a victim of Typhoon Yolanda's wrath. From here, it was a short walk to the highest spot on the island to inspect the suitability of a 1000 sq m plot of land kindly donated by Ate Elvie – later quadrupled - as a site for the proposed ALS centre. Its location was ideal - equidistant to the island's three villages and easily accessible on bicycle or on foot.



Uphill walk along Stations of the Cross path to ruined chapel



Ate Elvie, donor of four lots of land for the ALS centre

Establishment of ALS centre

Back in Cebu City, the TIP team huddled together on January 23, to discuss in detail the next steps to be taken for the rehabilitation of Kinatarcan. First and foremost, it was felt that a jetty should be built to allow for ease of access to the island. Boat building activities should be resumed as soon as possible to enable the island's fisherman to continue with their traditional livelihood while waiting for new livelihood options to kick off.

It was decided that an Alternative Learning Systems (ALS) Centre should be established as soon as possible with a focus on the teaching of the following skills: First aid and care of the elderly; computer-related skills; the culinary arts, carpentry; arts and crafts; plumbing, electrical and construction skills; boat building; house-keeping and hospitality, which would prove useful for homestay programmes; English language training and communications; motor repair; farming and animal husbandry.

As envisaged by Prof Tay, the design would be modular in nature, so that rooms and even floors could be added on if required.

Blocks for building the facility could be easily made on the island, itself, he contended. By starting a factory to build these blocks, the materials could be made available at a very competitive cost. What's more, it would give an opportunity for Kinatarcan islanders to learn a new skill plus create an export industry for these bricks. Ringed by a corridor, the ALS centre would be built in the form of a square, with rooms for teachers and dormitories for visitors and part-time volunteers who could stay for a week or so to conduct computer, English and other classes.

Provisions would also be made for rooms where carpentry and motor repair could be conducted away from the main rooms so as to minimise the levels of noise.

In the middle of the ALS centre, there would be a water catchment facility enabling rainwater to be collected and properly filtered for all the villages to use.

That's not all.

Sliding doors and windows of solid wood would be designed in such a manner that when shut, the centre would be like an impenetrable fortress against strong winds and tides.

Indeed, the heart of the ALS centre could double as a place for refuge, capable of accommodating up to 400 people.

To add to the aesthetics, there will be a porch and a garden. It would be, in the words of Prof Tay,

“a place of love.”



SNAPSHOTS

Sixties Night
21 February 2014
The Chill-Lab



Scan your QR code reader to see more pictures

CATCH THE 60s NIGHT FEVER!

Members and guests had a fun-filled time at the Sixties Night setting the dance floor on fire as some even had the chance to perform on stage. The band for the night, *D'BlackHawks*, provided live music and entertainment for the crowd, inspiring many to keep their feet shuffling on the dance floor through the night.



The Magic of Everyday Things
21 January 2014
Kent Ridge Guild House



Scan your QR code reader to see more pictures



PUTTING THEM TO GOOD USE

In January, members and guests took part in an engaging session to learn tricks using everyday

objects. Participants learnt various tricks from giving out name cards to a classic rope manoeuvre. The bonus was clearly in having new tricks to impress their family and friends!



Visit to St Joseph's Home
28 December 2013
St Joseph's Home



CARING FOR THE AGED AND DESTITUTE

Volunteers from NUSS shared much love and cheer when they visited St Joseph's Home, a hospice-care home which provides shelter, care and love for the aged and destitute, regardless of race or religion. The 30-strong volunteer group served vegetarian lunch to the residents and helped with the feeding while *The SilverStones* provided live music and entertainment.

NUSS Toastmasters Club 9th Anniversary Celebration & Christmas Party
 19 Dec 2013
 Kent Ridge Guild House



Scan your QR code reader to see more pictures

RAISE YOUR GLASS

Raising their glasses in a toast together were members of the NUSS Toastmasters Club, who celebrated their 9th anniversary during the Christmas season. Besides the typical chapters meeting, there were games and Christmas gift exchanges, adding to the festive atmosphere.



Lunar New Year Festive Gathering for the Elderly
 9 February 2014
 Kent Ridge Guild House



Scan your QR code reader to see more pictures

SPREADIN' A LITTLE MORE LOVE

A hundred and sixty residents and their caregivers from five homes - SWAMI Home, Malay Youth Literary Association, Bukit Batok Home for the Aged, Henderson Senior Citizens' Home and Jamiyah Nursing Home - joined NUSS for the annual Chinese New Year lunch. In addition to the sumptuous festive lunch spread, the elderly also enjoyed a Chinese orchestra and dance performance put up by students from Anglo-Chinese Junior College. Red packets and mandarin oranges were distributed all around.



Lion & Dragon Dance Spectacle
 9 February 2014
 Kent Ridge Guild House



MUCH ADO ABOUT LIONS AND DRAGONS

Chinese New Year celebration at NUSS was a spectacle to watch with the traditional dance troupe executing gymnastic feats under colourful lion heads and performing choreographed dragon dances. The performers aloft high poles swaying to the pounding rhythms of cymbals and drums gave the audience more than a few moments of suspense, but still created quite a display for everyone who received mandarin oranges after the show.

Predictions 2014 by Master Lynn Yap
 16 January 2014
 Della & Seng Gee Guild Hall



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FENGSHUI PREDICTIONS

Master Lynn Yap once again gave her yearly predictions to a room packed with eager learners on how to gallop into a successful Year of the Horse. Offering key dos and don'ts for the new year, she also offered Fengshui tips for each Chinese zodiac sign as well as for the home.



For added luck, she encouraged everyone to follow her Fengshui Queen Singapore® tip for 2014 by placing a laughing Buddha on the ground behind the house's main door.

SNAPSHOTS

Rendezvous @ Paramount
8 February 2014
Della & Seng Gee Guild Hall



ORIENTALISM IN THE SPOTLIGHT

The NUS DanceSport Section welcomed the new year with the elegant theme of Chinoiserie, a European artistic style since the 17th century reflecting the Chinese artistic influence, at the Section's rendezvous evening. The unique charm of the theme coupled with an appearance by the God of Fortune heightened the festive celebrations. The event was made possible with sponsorships by the Chinese Embassy, OCBC Bank and Scientific Tradition Pte Ltd.



Scan your QR code reader to see more pictures



NUSS DanceSport Christmas Ball
7 December 2013
Della & Seng Gee Guild Hall



Scan your QR code reader to see more pictures

SHALL WE DANCE?

Taking their dips and turns on the dance floor were members of the NUS DanceSport Section who thoroughly enjoyed the night's decadent affair filled with tons of giveaways such as a bottle of Italian sparkling white wine, Prosecco. Key sponsors who made the evening a success were *Appetite*, Lawry's The Prime Rib Singapore, Lucas Foods (Asia) Pte Ltd and TANGS.



Children's Christmas Bash
7 December 2013
Kent Ridge Guild House

KIDS' FUN TO THE MAX

Children from SINDA, The Salvation Army and Ang Mo Kio FSC were treated to a fun-filled day of games and entertainment. Stage performances put up by Kiki the Magician and Sweetheart the Fairy delighted the little ones while carnival game and craft booths thrilled those looking to win prizes. The children were also able to bring home their own work-of-art creations and subsequently treated to a spread of delicious food to replenish their energy. The highlight came in the form of Santa who gave every child a gift bag and a balloon, sending the kids home with a happy skip in their stride.



NUSS' Largest Sports Section to the Fore

Started by a small group of golfing enthusiasts more than 20 years ago, the **NUSS Golf Section** has grown to more than 800 members today who come together regularly to play at various tournaments.

Apart from being the biggest sports section in the Society, the Golf Section is also a great ambassador of NUSS. It has hosted and participated in annual inter-alumni golf events with its Malaysian and Thai counterparts. The Section has also been active in organising fundraising activities for needy causes as part of its social goals, including raising funds for needy NUS students.

Run by a group of dedicated volunteers, the NUSS Golf Section offers members the opportunity to learn the game from scratch through tie-ups with professional coaches. The Section also has access to different golf clubs through monthly games organised at different courses in Singapore.

The most well-received activities



include regional golf trips to Bintan, Batam, Johore, Malacca, Kuala Lumpur, Ipoh and Penang. The Section also organised twice-yearly golfing trips to China, Taiwan, Australia and Thailand. On top of the fabulous golf during overseas trips, members also enjoy sightseeing and great food tours with their family and guests.

Join the NUSS Golf Section and play and travel with like-



minded individuals to favourite golf destinations without the hassle of planning and organising the trips.

Those with a competitive streak can indulge their inner "Tiger Woods" by participating in the many friendlies at tertiary alumni games.

■ For more information, please contact **Thipa Mogan** at thipa@nuss.org.sg

Bridging for intellectual stimulation and fun

Played by the young and old all over the world, **bridge** offers a great opportunity for social interaction among generations across borders through the Internet.

Bridge is a mind game par excellence for perhaps preventing and delaying the onset of age-related dementia and Alzheimer's disease. Bridge engages a whole gamut of higher mental faculties of the brain ranging from memory, logic, concentration, judgment, to inferential and deductive reasoning. Above all, bridge trains the brain to integrate these functions through new synaptic connectivity.

In addition to bridge being a great activity for social interaction, it is an immensely enjoyable recreational game as it presents varied challenges. Analysing and solving them give supreme pleasure and great joy.

Competitive Bridge is exciting and very popular. Throughout the year, there are competitive tournaments organised by the Singapore Contract



Champions of 2013 Singapore Premier Bridge League

Bridge Association (SCBA) and various community clubs, schools, polytechnics and universities.

The NUSS Bridge Section was formed in 1985 and offers the only intellectual sport to members. There are over a thousand bridge players in Singapore (and millions worldwide). NUSS is also a corporate member of the national body, SCBA.

In recent years, NUSS teams have won many accolades. In 2013, the Section brought home the Kembangan Neo Tian Boon Trophy



Winners of 2014 Grad-Unergrad Bridge Game

and the Singapore Premier League Cup. It also won both the Division 2 Singapore National League as well as the Cross Divisional League Cup.

■ The NUSS Bridge Section conducts a game every **Wednesday** at **7.30 p.m.** at **Bukit Timah Guild House**. If you wish to have a game (or to learn how to play the game), email chonglengsiak@gmail.com or call **8281 0447** preferably via whatsapp/wechat/viber and speak to **Tanny**.



Scan your QR code reader to see more pictures

Clear winners at NUSS President's Trophy

NUSS President's Trophy was played at Tanah Merah Country Club with a total of five divisions being contested.

As planes passed overhead, landing or taking off from the nearby Changi Airport, NUSS golfers went head-to-head at the annual competition. Mr Stanley Gan emerged as Overall Champion with 40 points.

Except for A Division where competition was keener, B, C, Ladies' and Seniors' Divisions saw all winners triumphing the competition with at least a 2-point margin under the Stableford system.

Any disappointment and let-down on the course were quickly forgotten in the evening as the golfers adjourned to Suntec City Guild House for the reception dinner, partaking in drinks, good food and good company. The event was made possible with Cycle & Carriage Fulco Motor Dealer Pte Ltd's sponsorship for the hole-in-one prize, a Kia Optima K5 2.4i, as well as Golf Section member Mr Tan Hang Meng's sponsorship of the vests worn in the evening. ■



SCORE RESULTS

Overall Champion

Stanley Gan (40 points)

A Division

1st: Melvin Chan (39 points)
2nd: Chum Tun Jang (38 points)
3rd: Joseph Ng (36 points)

B Division

1st: Simon Er (38 points)
2nd: Ho Kong Wai (36 points)
3rd: Su Ching Hee (34 points)

C Division

1st: Ho Chin Whay (33 points)
2nd: David Tan (28 points)
3rd: Eric Low (27 points)

Ladies' Division

1st: Chong Dan Chyi (34 points)
2nd: Rosalind Ong (30 points)
3rd: Chew Siow Hoon (29 points)

Seniors' Division

1st: Ahmad Fawzi (37 points)
2nd: Ronald Low (34 points)
3rd: Ronald Yeo (33 points)



Scan your QR code reader to see more pictures

Close competition at NUSS Ang Pow Golf Game

The annual NUSS Ang Pow Golf Game teed off splendidly at the picturesque Warren Golf & Country Club with Australian High Commissioner His Excellency Philip Green gracing the occasion.

For a change, a lady member took home the challenge trophy. With a total score of 40 points, Ms April Tan also walked away with the Crystal Cup while Mr Chor Chong Leen took home the Gold Cup. Participants for both Crystal Cup and Gold Cup comprise winners of all monthly games in 2013.

The Men's Division saw Mr Ng Boon Hong triumphing Mr Ho Kong Wai by a score of 40 to 38. The Ladies' Division witnessed even closer competition with Ms Chiew

Siow Hoon edging Ms Rosalind Ong on countback after both emerged with 33 points. Mr Ng Boon Hong swept both the Gold Cup as well as the Ang Pow Golf Game Men's division Champion Cup.

Camaraderie was evident among the golfers. Members could be seen laughing and joking with one another while swapping stories of their exploits at the various holes.

The evening's celebratory dinner was held at Della & Seng Gee Guild Hall and was graced by Professor Tan Chorh Chuan, NUS President. Each participant also received an "Ang Pow Toto" ticket which was kindly sponsored by Mr Chor and Mr Joseph Ng. ■

SCORE RESULTS

Crystal Cup Winner: April Tan
Gold Cup Winner: Chor Chong Leen
Overall Champion: April Tan (40 points)

MEN'S DIVISION

Champion: Ng Boon Hong (40 points)
1st Runner-up: Ho Kong Wai (38 points)

LADIES' DIVISION

Champion: Chiew Siow Hoon (33 points)
1st Runner-up: Rosalind Ong (33 points)





DEATH OF A

BREADWINNER

Losing a loved one is an unfortunate event. More often than not, we find ourselves unprepared when it happens.

As we grieve the loss, it is only natural that we want to give our loved one a fitting send-off. A simple and respectful wake and funeral can be just as meaningful to express our sorrow or pay our respects. This will help us deal emotionally with the parting.

Coping with the loss

If it is the death of the family breadwinner, confronting a sudden cut in the main source of household income may seem overwhelming when you are coping with the loss emotionally. There may be some financial matters to attend to quickly.

Here are some suggestions to help you:

- **Start by readjusting your budget and expenditure** to adapt to the change in finances at home. Review your current lifestyle

and financial goals and be prepared to lower some expectations. Now is the time to tap on your emergency savings to tide you over this difficult period.

- **If your loved one left behind a Will, contact the executors** to ensure the smooth distribution of the estate to you and your family members. You may need to formally transfer any assets and current investments to your own name. Contact the banks to retrieve the cash from his or her personal, or joint, bank accounts. If you are the appointed nominee to his or her CPF savings, the CPF Board (CPF Board) will get in touch with you.
- **Consolidate his or her insurance policies and confirm if there are payments in the event of death**, and who the nominees to the policies are. Make

a claim to the insurance companies. If your loved one was insured under Dependants' Protection Scheme (DPS), you can contact his or her insurer (either Great Eastern Life or NTUC Income) to submit a claim application. The insurance companies will advise you on the claim procedures and any additional information that they may need. Be aware of any time limits to making a death claim; you should report a claim as soon as possible to prevent delay or complicated processes. If the claim is approved, the insurance companies will make payment to you in a lump sum, up to the sum assured. If your loved one was insured under the Home Protection Scheme (HPS) and has an outstanding housing loan, CPFIB will get in touch with the family members on the claim procedure.

- **If there are any outstanding loans or debts, contact the lenders** immediately and see what needs to be done.
- If you have been left some money and assets or received some benefit from the insurance payment, you will probably be wondering how to manage your money. While it may seem like a large sum of money, it is important to **remember that the money is to pay for both the family's everyday needs and long-term needs**. You may need to support your elderly parents

(your spouse's and your own), pay for your children's education and settle any outstanding debts. You have an important role in making the money last long enough to meet future needs.

- **Seek help if you need to plan your finances ahead.** Think carefully about your needs and circumstances. If you cannot afford to lose any of the money you have, you should not take unnecessary risks - aim for low risk or conservative investments. While these come with lower returns, the risk of losing your capital through higher return products could put your family at risk. Bear in mind that all investment products, including insurance policies like investment-linked products (ILPs) and endowment policies, do carry a certain degree of risk.

If your loved one left behind a Will, contact the executors to ensure the smooth distribution of the estate to you and your family members. You may need to formally transfer any assets and current investments to your own name.

Government assistance

Some of us may not have existing savings or assets to rely on. If you need more help and assistance to get by, here are some government initiatives to aid you:

• Employment Assistance

The Career Centres run by the Singapore Workforce Development Agency (WDA) offer free assistance to provide training opportunities and job-matching services to help you find suitable jobs.

• ComCare


ComCare provides social assistance to low-income individuals and families. Depending on your needs and eligibility, you may receive financial and other forms of assistance, and may be linked up to other local community organisations for further help. Further information on ComCare can be found at the Ministry of Social and Family Development's website. <http://app.msf.gov.sg/>

- **If you need help**, you can call ComCare Call at 1800-222-0000 or go to a Social Service Office, Citizens' Consultative Committee (CCC) or a Family Service Centre (FSC) near you. ■



Be aware of any time limits to making a death claim; you should report a claim as soon as possible to prevent delay or complicated processes.

The above information is prepared by the Monetary Authority of Singapore (MAS) in collaboration with the Central Provident Fund Board, Ministry of Social and Family Development, Singapore Workforce Development Agency and Life Insurance Association Singapore as part of the MoneySENSE national financial education programme.



Why WORK- LIFE BALANCE

is important for your career

It does not have to be all work and no play. Maintaining harmony between personal and corporate life could be your best career move.

The organisations of today have realised that the concept of work-life balance is not simply a mission statement on the corporate brochure. Business leaders have identified the need to reengineer work processes to accommodate both work and personal demands. Employees have to also understand the impact an imbalanced lifestyle could have on them and their career.

What happens when work takes over your life?

1 YOU FEEL LESS FULFILLED

When your life gets thrown off balance, you will start to have doubts about work and may find yourself asking if this is exactly the kind of life you want. You will feel that it is getting harder to meet the increasing demands of work and life, and that time is never enough. You also begin to overlook the positive aspects of

work (such as the excitement brought by coping with challenges; forming friendships; self-esteem and self-worth) and subconsciously start to scrutinise the negative ones. You may feel frustrated and confused because you may have not only lost control of your life, but are also unable to see an exit to the situation. Somehow, you have trapped yourself in a vicious cycle of working harder instead of feeling more fulfilled.

2 YOU SUFFER FROM FATIGUE

When work begins to take priority over other aspects of your life, you take away time needed for you to rest and unwind. You will start to burn yourself out in the long run, damaging your body more than you realise. You are unable to concentrate on the tasks at hand and are more prone to mistakes than before. Some common signs of worn-out employees include ill health, anxiety due to stress, migraines, insomnia, depression, and even high blood pressure, which often

lead to an increased need for sick leave. As a result, productivity takes a sharp dive as employees struggle to keep up by doing more to compensate for their downtime.

3 YOU HAVE NO TIME FOR ANYONE OR ANYTHING ELSE

You only have 24 hours in a day. Spending more time at work naturally means you will have less time with other people, particularly those who matter such as family, friends and loved ones. When you do not manage your work life sensibly, it can drain and cannibalise much of your energy in horrifying amounts, leaving you too exhausted to do anything else. You start to absent yourself from family dinners and outings due to work; or stay away from special occasions which require your attention and time. As the demands from work begin to eat away your leisure time, resentment and aversion start to build up.

What Can You Do To Restore Balance?

Instead of trying to do everything at once, learn to prioritise and work on the more important tasks first, spreading the rest of the work over a manageable timeline. It is counter-productive and ineffective to try and maintain a high level of activity at all times, and expect quality work to be produced. It would be good to start off by making full use of your entitled annual leave. Taking time off helps you recharge and gets you prepared for further challenges at work.

Lunchtime is the perfect time to get a mid-day break from work, yet many people end up working during their lunch hour. When you do that, you also miss out on an opportunity to socialise and relax.

It may be challenging to achieve a work-life balance these days, as people are constantly pushed to work



RESTORE BALANCE It is counter-productive to try and maintain a high level of activity at all times, and expect quality work to be produced. It would be good to start off by making full use of your entitled annual leave.

faster to cope with an increasing workload. Employers are beginning to recognise that an imbalanced lifestyle can ultimately affect one's job satisfaction level, productivity and work performance. The evidence for that is seen in the rise in the implementation of work-life initiatives such as flexible work arrangements and family-friendly programmes. ■



This article is contributed by Ms Joanne Chua, Associate Director of Robert Walters Singapore – Human Resources, Business Support and Supply Chain, Procurement & Operations specialist recruitment divisions, focusing on recruiting top talent across banking and commerce industries.



THAT ABDOMINAL PAIN

Is it a **PEPTIC ULCER**?

If you suffer from a burning pain in your upper abdomen, you could have a peptic ulcer in your digestive system. The good news is that the condition is highly treatable.

In a healthy person, the lining of the stomach and small intestines is protected against the digestive acids that help to break down food. However, when this protective mucous lining stops working as well as it should, the acids erode it, leading to the development of an ulcer.

Peptic ulcers are open sores that develop on the inside lining of your oesophagus, stomach and the duodenum (upper portion of your small intestine). There are a few types of peptic ulcers, including gastric ulcers, which occur inside the stomach; oesophageal ulcers that occur inside the oesophagus that carries food from your throat to your stomach; and duodenal ulcers that occur inside the upper portion of your small intestine.

When the germs strike

Contrary to popular belief, peptic ulcers are not caused by stress, spicy

foods or skipping meals. Instead, the most common cause of this condition is the helicobacter pylori (*H.pylori*) infection. This is a bacterium that lives in the innermost lining of the

FACT

Women are just as prone to stomach ulcers as men are.

stomach. It is not clear how it is spread but it may be spread through close contact, such as kissing, as well as through food and water.

Dr Wang Yu Tien, Consultant, Dept of Gastroenterology & Hepatology, Singapore General Hospital explains, “*H.pylori* weakens the protective lining, exposing the under-

lying tissues to damage by digestive juices like the stomach acid. This causes ulcers.”

In Singapore, it is thought to be responsible for 90 percent of all duodenal ulcers and roughly 60 per cent of stomach ulcers. Dr Wang adds, “Yet, many people who have the *H.pylori* bacteria in their stomachs never develop ulcers.”

The second most common cause of peptic ulcers is the overuse of certain medications such as non-steroidal anti-inflammatory drugs (NSAIDs). These drugs, including aspirin, ibuprofen and diclofenac, are often prescribed as painkillers. For instance, aspirin is commonly given to sufferers of heart disease and stroke. These drugs irritate the lining of the stomach, allowing the acids to gnaw through and cause ulcers. This is why peptic ulcers are more common in older adults, as they tend to take such pain medications more frequently due

to other health conditions.

There are also other prescription medications, such as those that are used to treat osteoporosis, which may lead to ulcers. In a rare condition known as Zollinger-Ellison syndrome, gastric and duodenal ulcers may occur as well. Such patients have a tumour in their pancreas, which releases high levels of a hormone that increases stomach acid.

Pain in the Upper Abdomen

Those who suffer from peptic ulcers may display no symptoms at all. In such cases, the ulcers are typically only discovered during regular health checks or while the doctor is investigating another problem, such as anaemia (low level of red blood cells).

A burning pain is the most common symptom, with the pain starting between meals or flaring up at night, and lasting from minutes to hours. “The pain comes and goes for several days or weeks, but it briefly stops if you eat, take antacids or drink milk,” says Dr Wang. “If the pain is severe, excruciating and does not go away, it may mean that your ulcer has perforated.”

Other symptoms of peptic ulcer disease include:

- Bloating: Some sufferers report this feeling of fullness and being unable to drink as much liquids as they like.
- Loss of weight and appetite: If such changes cannot be explained by other causes.
- Nausea and persistent vomiting after food: This shows that the ulcer has developed so much that it obstructs the drainage of food. If you vomit blood – usually red or blackish – it means that your ulcer is bleeding.
- Passing out black, tarry stools: Also known as melaena, this also means that your ulcer is bleeding.

Even though over-the-counter antacids may temporarily relieve the pain, it would recur if the root of the problem is not solved. Left untreated, peptic ulcers can result in internal bleeding, serious infection of the abdominal cavity (peritonitis) and produce scar tissue that can block the passage of food through the digestive

“Peptic ulcers have a tendency to come back if left untreated, so do follow your doctor’s treatment instructions and take the necessary medications as instructed. Also strive to lead a healthier lifestyle by quitting smoking and drinking less alcohol as these aggravate peptic ulcers.”

Dr Wang Yu Tien

Consultant, Dept of Gastroenterology & Hepatology, Singapore General Hospital

tract. So, if you notice any of these signs and symptoms, do make an appointment to see your doctor.

Tests and Cures – Treating Peptic Ulcer Disease

During the medical consultation, there will be diagnostic tests to determine whether H.pylori is present in your blood, breath and stools. The tests you need will depend on your medical situation. Your doctor may also order one of the following tests:

- Endoscopy: More specifically, this is known as the esophagogastroduodenoscopy (EGD, upper endoscopy or gastroscopy). The gastroenterologist will insert a thin tube with a camera through your mouth into the gastrointestinal tract to observe your stomach and small intestine. If there is an ulcer, a small tissue sample will be removed for laboratory examination, which will also identify the presence of H.pylori in your stomach lining.
- Upper GI: This is a series of X-rays taken after you drink a thick white liquid containing barium. It coats your stomach and duodenum to make it more visible during an x-ray.

There may also be other tests, such as a blood test to check for anaemia and stool occult blood test to check for blood in your stool. If you do have peptic ulcer disease, the doctor will first determine the cause before prescribing the right treatment.

If your ulcers are caused by H. pylori: In this case, antibiotic

medications will first be prescribed to kill the bacteria. At the same time, you will have to take medications that reduce acid levels in the stomach. This process will take about two weeks. It allows your stomach to recover from the ulcer while reducing the chance that it might return.

If your ulcers are caused by NSAIDs:

In such cases, your doctor will first ask you to stop taking these drugs. You would also be given acid-reducing medication. These cut acid productions and accelerate the ulcer-healing process. If you must continue taking NSAIDs because of existing health conditions, then your doctor may prescribe acid reducing medications for a longer duration.

Treatment for peptic ulcers is often successful, but there may be common side effects that include mild nausea, vomiting and diarrhoea. In rare cases, severe side effects include kidney failure and inflammation of the large bowel. Complications may also arise, such as a perforated ulcer – where the hole goes all the way through the stomach or duodenum. If so, this is considered a medical emergency.

Dr Wang adds, “Peptic ulcers have a tendency to come back if left untreated, so do follow your doctor’s treatment instructions and take the necessary medications as instructed. Also strive to lead a healthier lifestyle by quitting smoking and drinking less alcohol as these aggravate peptic ulcers.” ■

The article was contributed by Singapore Health Services (SingHealth), which offers more than 40 clinical specialties with two tertiary hospitals, five National Specialty Centres for Cancer, Heart Neuroscience, Eye and Teeth, a community hospital and a network of primary healthcare clinics.



Riveting & Revolutionary ROMANIA

Images of Gypsy tales, fables of captivating castles and Dracula diaries in Transylvania drift over this now ex-communist country. Fields of sunflowers breeze through aimlessly beyond horizons whilst the borders gush out of the mighty Black Sea. **Sonia Shah** delves into Southern Europe's largest country, laden with multiple layers of enigma.

For a country that had once dug itself into the deep, dark trenches of dictatorship and communism, Romania now unearths many treasures. Liberated from a dark past since 1989, the locals carry a certain compassion and a nostalgic generosity which remain unforgotten.

Mystical Timisoara, the largest town in Western Romania runs across an opal-coloured canal where visitors wade through in kayaks. Its main church has influences of Turkish architecture overlooking a well-mowed floral lawn, tapestried in different shades and colours. Speckles of green, yellow and gold coats spiral through the cone shaped steeple, lighting up any grey winter skies. Many flock to the restaurants lying in the background of the church.

Further along, a nearby park is the home to thick clusters of ladybirds hiding amongst the fungi and moss creeping up the trees. The real show stealer is the Roses Park.

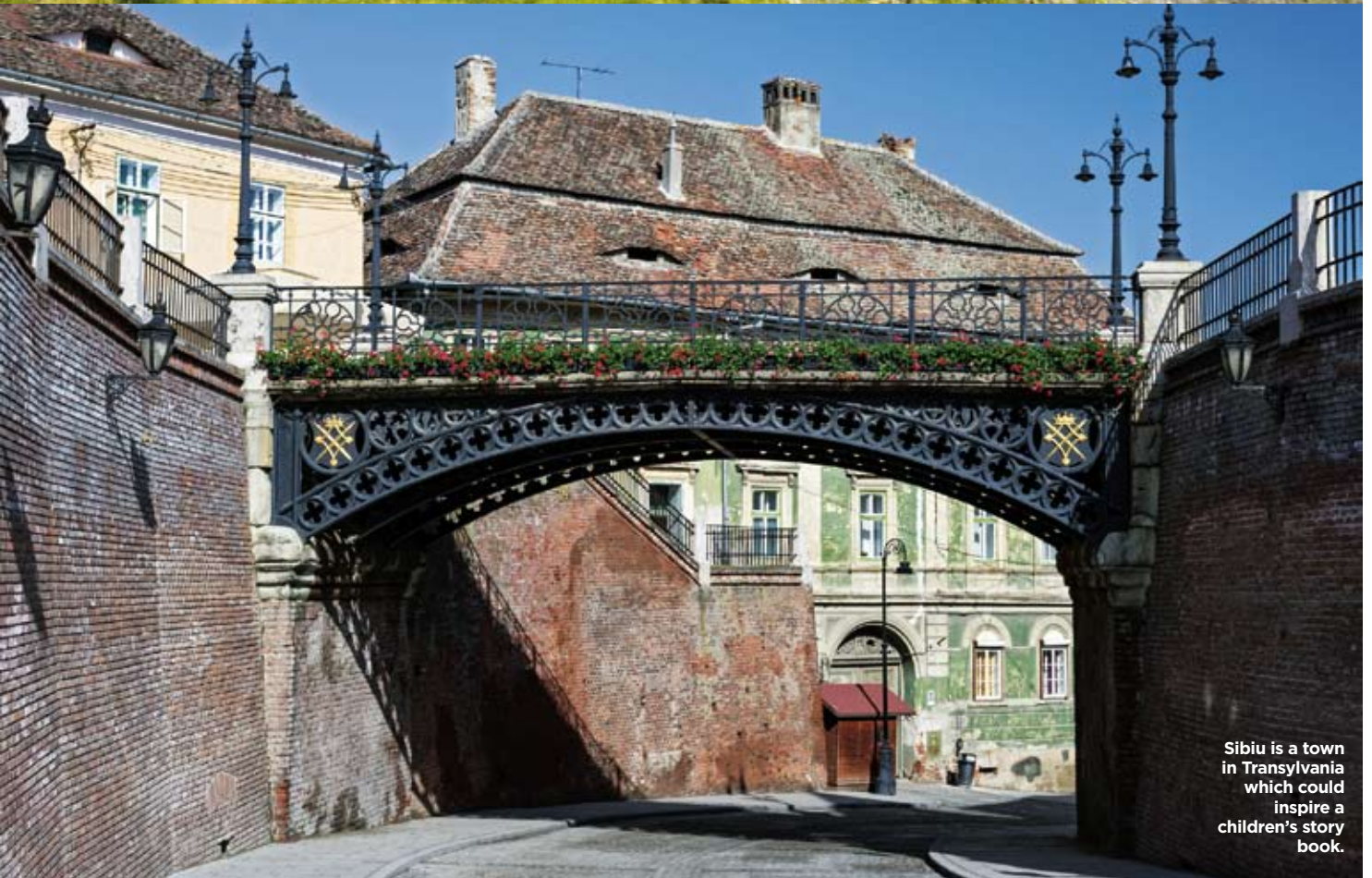
As the name suggests, pink and red petals blush the lush green squared bushes. It is no surprise that the town is known as the city of flowers. Angelic, white squared arches stand tall among the landscaped gardens, which are home to several cultural events in the summer, from concerts to operas with a widely-seated auditorium. Many gather here at night and enjoy Shakespeare performed in an opera style setting in the cool summer breeze. It is also the perfect picnic spot for some. Further into the depths of town, pastel coloured buildings fringe the main Unirii Square.

A half hour ride outside the town leads to rich, green vineyards spilling out of the Recas Winery. Romania is not typically synonymous with quality wines, unlike France and Spain. Not known to many, one of the winery's white wines scooped up an award at a well-known Paris wine convention a few years ago. Many locals pass by to pick up cases

The Transfagarasan and Transalpina route - described as 'The World's Best Road Trip by the famous Jeremy Clarkson of the popular car show, *Top Gear*.



The Transfagarasan route.



Sibiu is a town in Transylvania which could inspire a children's story book.

of goodness to enjoy through the seasons. Some casually glance over the greenery, revelling in a glass of wine from the benches placed just outside the establishment, making it a perfect day trip in the summer.

On the other side of the canal, beautiful homes pepper the suburbs of Timisoara. Resembling elegant wedding cakes these houses hoist magnificent towers. These are the kind of homes you would imagine in fairytales. Unexpectedly, it is the Gypsies who own these intricately designed homes which are an eye-opening revelation. Unlike popular belief, many gypsies are not poor but still assume this image whilst having ownerships of such offbeat homes.

Although their illicit ways of earning a living is not respected by many locals, they have climbed up a high ladder in society much to the scorn of many. Their surprising lifestyle and galavanting territories in the guise of princes and pauper is enough to baffle many. Stories of many begging whilst maintaining these lavish homes run rife making them a complete twist to the tales of poverty one often hears. It is no joke that this beguiling culture roam the streets of Romania in BMWs and Gypsy weddings splash out a fortune. Of course, many genuinely do not fit in with this image but there are more than expected who do.

From Timisoara, nature lovers can experience an out of the ordinary road trip lasting a day. On the way to the unusual Bigar waterfall, many abandoned factories from the past jut out amongst the rolling green hills. When the communist regime fell, these factories fell through, all falling prey to foreign competition and internal political chaos. The hundreds of dilapidated factories, derelict buildings and dull looking warehouses, secluded in shrubbery are enough to catch those with a curious eye to explore the past. Roads, which once roared with puffing smoke and seeped in industrialism, now welcome visitors with serene ultra vistas.

Bigar is not easy to access by foot, but an aerial view of it from the roadside makes it a breathtaking spectacle. Crystal beads of water



An incredible quietness now holds still in Sighisoara, a world heritage town.



A Gypsy house.

Unlike popular belief, many gypsies are not poor but still assume this image whilst having ownerships of such offbeat homes.

drip through with a serene grace over the moss laden boulders into a calm river.

Further along the road trip, craggy mountains flanking the Danube River come into view. As sunset dips in, visitors come across an enormous white statue of an emperor carved out of the mountains. Costing 10 million Euros for its construction, this is one of Romania's quirkiest architecture

in nature. Here visitors can either take a short boat ride amongst the limestone-coloured cliffs, or have a peaceful swim in the warm waters. The intense silence amongst the majestic scenery is overwhelming as evening fades into the dark. An almost vampire like setting comes into play as silhouettes of bats flutter past in a dash from obscure caves.

Another highly recommended road trip is the Transfagarasan and

Transatlantic route - described as "The World's Best Road Trip" by the famous Jeremy Clarkson of the popular car show, *Top Gear*. One would be forgiven if you think you are lost in Switzerland as colourful cottages sprawl through vast acres of ripe, green fields. The abundant forests make it a perfect spot to pick wild chestnuts and mushrooms, an exotic and divine treat - seen as a luxury in classy restaurants. If picking them in the wild is not up for grabs, drivers can always purchase them off the gypsies camping outside the forests on the road.

Tucked along the journey is a real treat for passersby - Lake Balea. The sky blue lake surrounded by snow-flecked mountains make for a great view, whilst sipping a hot drink at a nearby inn. The continuous roll of squiggly roads over high altitudes may either be thrilling or wrigglingly uncomfortable for many.

The Eyes Of Sibiu

For visitors who want to take their imagination even further, Sibiu is another town in Transylvania which could inspire a children's story book. Many houses have an outstanding feature - windows carved out into

the multi-coloured roof tiles as sleepy eyes with dark pupils, gawking away at passers by. There is no escaping from these heavy eyelids. The stares wear different shades of emotions throwing friendly, curious or suspicious glances from every corner. This is apt considering that this country was formerly ruled by a dictator who notoriously spied on his people for over two decades!

Undulating, cobble stone streets loop through the defense towers, overlooking the river Cibin. Dominated by museums and churches, the town is a dream come true for culture lovers. The Pharmaceutical museum is one that can throw many off guard. Pills and powders with random microscopes and bizarre medical instruments are on full display.

Serene Sighisoara

This is a world heritage town, which splashes out vibrant, rainbow-coloured houses throughout the town. It is a town to aimlessly wander along winding, cobble streets around the river and architecture, where kings and countrymen once gathered in defense against their perpetrators. Once torn by war, an

incredible quietness now holds the town still. The serene atmosphere with medieval charm spread across steep staircases and cobble streets is a writer's ideal paradise.

The unusual hospitality and friendliness of Romanians is beyond belief. The locals go out of their way in assisting foreigners in a way that is not usually encountered in many countries. Strangers will fool you that they are all family and good friends indulging in jovial banter during their train journeys, until they leave at different destinations. Communism may have been looked down upon, but clearly it has brought together a nation to nurture the values of caring and sharing with the deepest sincerity for others. Clearly, there is a raw richness in various aspects that conquers the country. ■

TRAVEL TIPS

Return flights from London to Bucharest amount to \$200 during non-peak periods and \$300 during the high season in the main summer months.

Travelling within the country is refreshingly cheap. With a decently-organised network of frequent **trains** crossing over various towns and cities, a single train journey of fifteen hours would only cost approximately \$40. **Local buses** within various municipalities cost as little as 50 cents.

A fifteen-minute ride by **taxi** would amount to as little as \$3 to \$4. Delays on trains and buses may occur and whilst not common, it is important to factor this in for visitors who need to adhere to a fixed schedule. **Renting a car** would roughly cost \$170 with a full tank of petrol. If shared in a party of five, the price is reasonable.

The Lonely Planet guide lists various hotels and hostels. On average, **three-star hotels** will charge \$30. Shared rooms in dormitory styled hostels round up to \$15 to 20 per night. **Hostels** can be booked directly online on www.hostelworld.com or www.hostelbookers.com. Expect to pay about \$7 to \$10 for a meal in decent **restaurants**. **Patisseries** and **cafes** charge \$4 on average for a cake and a cappuccino. Wine drinkers can enjoy a glass of wine for just \$2.

Buses to **Peles Castle** can either be accessed via Brasov, Sibiu or Sighisoara, taking two to three hours, costing \$3 for a single trip to the nearest town, Sinaia. Taxis to the **Recas vineyards** cost \$10 one way.

Buses and trains, to and from **Sibiu** and **Sighisoara**, which are three hours from each other are easily accessible. The last bus or train tends to leave these destinations between five and six in the evenings. Sibiu and Sighisoara require just a day. The charm and relaxed ambience of these towns could hold visitors hostage for perhaps longer to lounge around in.

The **Transfagarasan** and **Transatlantic** routes are best explored in late spring till mid-September to enjoy the sunshine. Come October, the roads are closed off till late June the following year for safety reasons due to harsher weather.

**All prices indicated are in US Dollars.*



Surrounded by snow-flecked mountains, Lake Balea make for a great view whilst sipping a hot drink at a nearby inn.

The Scholar Chinese Restaurant

Kent Ridge Guild House

For reservation, please call 6586 3710 or go to www.nuss.org.sg.

APRIL-JUNE 2014

Hokkien Home Cuisine

Available daily for lunch and dinner

Fried Pig Liver
with Vegetables



Braised Oyster Mee Sua



APRIL-JUNE 2014

Value Set Menus

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Crispy Fried Tilapia with Thai Chilli Sauce



Hokkien Fish Maw
in Thick Soup



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Note: F&B credits are accepted. Prevailing GST applies. Terms and conditions apply.

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Kent Ridge Guild House

For reservation, please call 6779 1811 or go to www.nuss.org.sg for more information.

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APRIL-JUNE 2014



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MONDAYS TO THURSDAYS

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APRIL-JUNE 2014



Curry Sunday

AVAILABLE ON **SUNDAYS** FOR LUNCH

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The Dunearn

Bukit Timah Guild House

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4-Course Set Lunch/Dinner @ \$40: Appetiser, Soup, Main Course and Dessert

Each Executive Set includes

a glass of Robert Mondavi Twin Oaks (red/white) **or** juice (excludes freshly squeezed) **or** a mug of Tiger Beer

APRIL 2014

Highlight

Pork Fillet with Fig Glaze



MAY 2014



Highlight

Baked Halibut with Courgette, Sautéed Lime and Pickled Potato

JUNE 2014



Highlight

Roast Chicken with Yoghurt, Cucumber and Mint Relish

Note: F&B credits are accepted. Prevailing GST applies. Terms and conditions apply.

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7Adam Restaurant Gallery

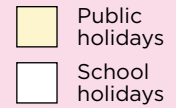
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Reservation: +65 6467 0777 Gallery: +65 6463 0777 Email: enquiries@7adam.com

Open Daily from 11.00am to 11.00pm (Last Seating is at 9.30pm)

CALENDAR

APRIL 2014

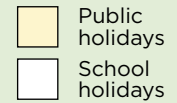


SUN	MON	TUE	WED	THU	FRI	SAT
SECTION NIGHT Tennis, Badminton, Running, DanceSport	SECTION NIGHT Billiards, Squash	SECTION NIGHT Badminton, Table-tennis, DanceSport	SECTION NIGHT Bridge, Running, Tennis, Badminton	SECTION NIGHT Choir, Darts, Squash, Billiards, Table-tennis	SECTION NIGHT Tennis DanceSport	SECTION NIGHT Badminton, Table-tennis DanceSport
		1 S-Connect Pickle-ball S-Connect Connection DanceSport Social Dance Night	2 Exerfit Moves Zumba Fitness Speechcraft Workshop	3 Zumba Gold Swimming for Ladies Zumba Dancercise	4 Zumba Fitness Pilates Swimming for Juniors	5 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Fall Prevention Workshop
6 Ballet for Juniors Swimming for Juniors	7 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics S-Connect Mahjong	8 S-Connect Connection S-Connect Pickle-ball	9 Exerfit Moves Zumba Fitness Speechcraft Workshop	10 Zumba Gold Swimming for Ladies Zumba Dancercise	11 Zumba Fitness Pilates Swimming for Juniors	12 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Investment Essentials Miniature Food Craft Oil Painting for Beginners Inter-Section Games
13 Ballet for Juniors Swimming for Juniors	14 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics S-Connect Mahjong	15 S-Connect Pickle-ball S-Connect Connection Tour Preview - 6DSN Historic Route of Ethiopia	16 Exerfit Moves Zumba Fitness Mass Affluent Series: Your Wealth in Proper Hands – Living & Beyond Speechcraft Workshop NUSS Ministerial Dialogue with Mr K Shanmugam	17 Zumba Gold Swimming for Ladies Zumba Dancercise	18 Good Friday	19 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Sweet Macarons Oil Painting for Beginners
20 Swimming for Juniors	21 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics S-Connect Mahjong	22 S-Connect Pickle-ball S-Connect Connection S-Connect Book Club	23 Exerfit Moves Zumba Fitness Speechcraft Workshop	24 Zumba Gold Swimming for Ladies Zumba Dancercise	25 Zumba Fitness Pilates Swimming for Juniors	26 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Afternoon Tea Tray Oil Painting for Beginners
27 Swimming for Juniors	28 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics S-Connect Mahjong	29 S-Connect Pickle-ball S-Connect Connection	30 Exerfit Moves Zumba Fitness			

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For details and updates, please visit www.nuss.org.sg

CALENDAR

MAY 2014

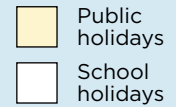


SUN	MON	TUE	WED	THU	FRI	SAT
SECTION NIGHT Tennis, Badminton, Running, DanceSport	SECTION NIGHT Billiards, Squash	SECTION NIGHT Badminton, Table-tennis, DanceSport	SECTION NIGHT Bridge, Running, Tennis, Badminton	SECTION NIGHT Choir, Darts, Squash, Billiards, Table-tennis	SECTION NIGHT Tennis, DanceSport	SECTION NIGHT Badminton, Table-tennis, DanceSport
				1 Labour Day	2 Zumba Fitness Pilates Swimming for Juniors	3 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Oil Painting for Beginners
4 Swimming for Juniors	5 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics S-Connect Mahjong	6 S-Connect Pickle-ball S-Connect Connection	7 Exerfit Moves Zumba Fitness	8 Zumba Gold Swimming for Ladies Zumba Dancercise	9 Zumba Fitness Pilates Swimming for Juniors	10 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Mille Crêpe Cake & Pavlova Workshop Oil Painting for Beginners
11 Ballet for Juniors Swimming for Juniors	12 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics S-Connect Mahjong	13 Vesak Day	14 Exerfit Moves Zumba Fitness	15 Zumba Gold Swimming for Ladies Zumba Dancercise The Truth About Will Planning	16 Zumba Fitness Pilates Swimming for Juniors	17 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Overcoming Stress and Fear of Examination NUSS DanceSport Inaugural Line Dance Jam
18 Ballet for Juniors Swimming for Juniors	19 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics S-Connect Mahjong	20 S-Connect Pickle-ball S-Connect Connection S-Connect Book Club	21 Exerfit Moves Zumba Fitness	22 Zumba Gold Swimming for Ladies Zumba Dancercise	23 Zumba Fitness Pilates Swimming for Juniors	24 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Silkscreen Workshop
25 Ballet for Juniors Swimming for Juniors	26 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics S-Connect Mahjong	27 S-Connect Pickle-ball S-Connect Connection	28 Exerfit Moves Zumba Fitness	29 Zumba Gold Swimming for Ladies Zumba Dancercise	30 Zumba Fitness Pilates Swimming for Juniors	31 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Watercolour Painting for Beginners Little Pasta-Minions NUSS DanceSport Dinner & Dance

Information is correct at time of print.
For details and updates, please visit www.nuss.org.sg

CALENDAR

JUNE 2014



SUN	MON	TUE	WED	THU	FRI	SAT
SECTION NIGHT Badminton, Running, DanceSport	SECTION NIGHT Squash	SECTION NIGHT Table-tennis, DanceSport	SECTION NIGHT Running, Tennis, Badminton	SECTION NIGHT Darts, Squash, Billiards, Table-Tennis	SECTION NIGHT DanceSport	SECTION NIGHT Table-tennis DanceSport
1 Ballet for Juniors Swimming for Juniors	2 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics Aqua Zumba S-Connect Mahjong	3 S-Connect Pickle-ball S-Connect Connection	4 Exerfit Moves Zumba Fitness Kidz Theatre	5 Zumba Gold Swimming for Ladies Zumba Dancercise	6 Zumba Fitness Pilates Swimming for Juniors	7 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic NUSS Groceries with Love on Wheels Watercolour Painting for Beginners
8 Ballet for Juniors Swimming for Juniors	9 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics Aqua Zumba S-Connect Mahjong	10 S-Connect Pickle-ball S-Connect Connection	11 Exerfit Moves Zumba Fitness	12 Zumba Gold Swimming for Ladies Zumba Dancercise Art Appreciation Talk	13 Zumba Fitness Pilates Swimming for Juniors 3D2N Cameron Escapade	14 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic 3D2N Cameron Escapade Watercolour Painting for Beginners 3D2N Astronomy and Stargazing Trip to Port Dickson Sport Climbing Level One Certification Course
15 Ballet for Juniors Swimming for Juniors 3D2N Cameron Escapade 3D2N Astronomy and Stargazing Trip to Port Dickson	16 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics Aqua Zumba 3D2N Astronomy and Stargazing Trip to Port Dickson S-Connect Mahjong	17 S-Connect Pickle-ball S-Connect Connection S-Connect Book Club	18 Exerfit Moves Zumba Fitness Robo Tranzformerz	19 Zumba Gold Swimming for Ladies Zumba Dancercise	20 Zumba Fitness Pilates Swimming for Juniors	21 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Watercolour Painting for Beginners Acrylic Painting & Drawing for Kids
22 Ballet for Juniors Swimming for Juniors	23 Yoga Flow Gentle Yoga Flow Energy Pilates Aqua Aerobics Aqua Zumba S-Connect Mahjong	24 S-Connect Pickle-ball S-Connect Connection Adventures of Little Sherlock Holmes	25 Exerfit Moves Zumba Fitness Muay Thai	26 Zumba Gold Swimming for Ladies Zumba Dancercise	27 Zumba Fitness Pilates Swimming for Juniors 3D Game Design Workshop	28 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Eggless Cupcake Baking Workshop Acrylic Painting & Drawing for Kids Is Your Kid a 'Tech Device Junkie'?
29 Ballet for Juniors Swimming for Juniors	30 Aqua Aerobics for Ladies Yoga Flow Gentle Yoga Flow Energy S-Connect Mahjong					

Information is correct at time of print.
For details and updates, please visit www.nuss.org.sg

Directory

Kent Ridge Guild House

Tel: 6779 1811

Operating hours	Sun – Thurs (including PH) – 8am to 12am Fri, Sat, & eve of PH – 8am to 2am
The Scholar Chinese Restaurant	Lunch: Mon to Fri & eve of PH – 12pm to 3pm Sat, Sun & PH – 11.30am to 4pm Dinner: Sun to Thurs & PH – 6pm to 10pm Fri, Sat & eve of PH – 6pm to 10.30pm
Café on the Ridge	Sun to Thurs & PH – 12pm to 10pm Fri, Sat & eve of PH – 12pm to 10.30pm Breakfast is available from 9am to 11am on weekends and public holidays Mon-Fri – Closed from 3pm to 6pm
The Ridge Bar	Sun to Thurs & PH – 11am to 12am Fri, Sat & eve of PH – 11am to 2am
The Chill-Lab	Mon to Thurs – 4pm to 12am Fri, Sat & eve of PH – 12pm to 12am Sun & PH – 12pm to 12am
The Right Note Karaoke Lounge	Mon to Thurs – 4pm to 12am Fri, Sat & eve of PH – 12pm to 2am Sun & PH – 12pm to 12am
Jackpot	Sun to Thurs & PH – 11am to 12am Fri, Sat & eve of PH – 11am to 2am
Swimming Pool	Daily – 7am to 10pm, except Wednesdays 9am to 12 noon
Fitness Centre/ Aerobics Room	Daily – 7am to 10pm
Ridge Reading Room	Daily – 9am to 9pm
Children's Playground	Daily – 9am to 10pm

Suntec City Guild House

Tel: 6779 1811

Operating hours	Sun – Thurs (including PH) – 8am to 12am Fri, Sat, & eve of PH – 8am to 2am
The Bistro	Mon to Fri: Lunch - 11.30am to 3pm Dinner - 6pm to 10pm (last order at 9.30pm) Note: Tapas and Local Delights will be available at The Bar from 3pm to 6pm from Mondays to Fridays. Sat, Sun & PH: 11.30am to 10pm (last order at 9.30pm)
The Bar	Sun to Thurs & PH – 11.30am to 12am Fri, Sat & eve of PH – 11.30am to 2am
K Room	Mon to Thurs – 5pm to 12am Fri & eve of PH – 5pm to 2am Sat – 12pm to 2am Sun – 12pm to 12am
Jackpot Room	Sun to Thurs & PH – 11am to 12am Last change of redemption ticket – 11.30pm Fri, Sat & eve of PH – 11am to 2am Last change of redemption ticket – 1.30am

Bukit Timah Guild House

Tel: 6779 1811

Operating hours	Sun to Thurs & PH – 11am to 12am Fri, Sat & eve of PH – 11am to 2am
The Dunearn	Lunch: 11.30am to 3pm Dinner: 6.30pm to 10pm
The Dunearn (Alfresco Area) & The Upper Quad	Sun to Thurs & PH – 11.30am to 12am Fri, Sat & eve of PH – 11.30am to 2am
Jackpot	Sun to Thurs & PH – 11am to 12am Fri, Sat & eve of PH – 11am to 2am

Adam Park Guild House

Tel: 6467 0777 (7Adam), 6463 0777 (Gallery)

Operating hours	Restaurant (7Adam) Daily: 11am to 11pm Gallery Daily: 11am to 8pm
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For full listing of facilities and operating hours, please visit www.nuss.org.sg

The Secretariat Management Team

Secretariat	secretariat@nuss.org.sg
The Graduate Magazine	thegraduate@nuss.org.sg
Corporate Communications	comms@nuss.org.sg
Finance	finance@nuss.org.sg
Information Systems	is@nuss.org.sg
Membership	mship@nuss.org.sg
Sports	sports@nuss.org.sg
Events	events@nuss.org.sg
Banquet Services	agnesphua@nuss.org.sg

Regular Happenings @ NUSS

Badminton	Wednesdays @ KRGH: 7pm – 10pm Saturdays @ KRGH: 2pm – 4pm Sundays @ KRGH: 3pm – 6pm Contact sports@nuss.org.sg
Balut	Every last Wednesday @ KRGH: 7pm – 11pm Contact Santhi at santhi@nuss.org.sg
Billiards	Mondays @ KRGH: 6pm – 10pm Thursdays @ KRGH: 6pm – 10pm Contact Santhi at santhi@nuss.org.sg
Bowling	Monthly competitions @ Superbowl SAFRA Mount Faber Contact Santhi at santhi@nuss.org.sg
Bridge	Wednesdays @ BTGH: 7pm – 11pm Contact Santhi at santhi@nuss.org.sg
Darts	Mondays & Thursdays @ BTGH: 8pm – 11pm Contact sports@nuss.org.sg
Golf	Monthly Medals @ various venues Contact Thipa Mogan at thipa@nuss.org.sg
Running	Wednesdays @ KRGH: 7pm – 8.30pm Sundays @ Singapore River: 6.30am Contact sports@nuss.org.sg
Soccer	Various venues Contact sports@nuss.org.sg
Squash	Mondays @ KRGH: 6pm – 10pm Thursdays @ KRGH: 6pm – 10pm Contact Thipa Mogan at thipa@nuss.org.sg
Table-Tennis	Tuesdays @ KRGH: 7pm – 10pm Thursdays @ KRGH: 7pm-10pm Saturdays @ KRGH: 2pm – 6pm Contact Santhi at santhi@nuss.org.sg
Tennis	Wednesdays & Fridays @ KRGH: 5pm – 9pm Sundays @ KRGH: 2pm – 7pm Contact Thipa Mogan at thipa@nuss.org.sg
Choir	Thursdays @ KRGH: 7pm – 11pm Contact events@nuss.org.sg
Kids' Club	Regular activities @ various venues Contact Valerie at valerietoh@nuss.org.sg
S-Connect on Tues	Tuesdays @ KRGH: 10.30am – 5pm Regular activities at various venues Contact events@nuss.org.sg
DanceSport	Tuesdays @ KRGH: 7.30pm – 11pm Contact Events at events@nuss.org.sg
Toastmasters Club	Every 4th Thursday @ KRGH: 7pm – 10pm Contact Valerie at valerietoh@nuss.org.sg
Music	Regular activities @ KRGH Contact Events at events@nuss.org.sg
DramaWorks	Regular activities @ KRGH Contact events@nuss.org.sg
Arts Connections	Regular activities @ KRGH Contact events@nuss.org.sg
Karaoke	Regular activities @ KRGH Contact Events at events@nuss.org.sg

For more information and registration details please contact the respective personnel.

Overseas connections

NUSS members enjoy reciprocity with graduate associations around the world. For more information please contact Azira at 6586 7056 or email mship@nuss.org.sg

University House, Australian National University	Canberra, Australia
The Graduate Union of the University of Melbourne	Melbourne, Australia
The University Club of Western Australia	Perth, Australia
University Club of Montreal	Quebec, Canada
The University Women's Club	London, United Kingdom
University Club of Denver	Colorado, United States of America
The Yale Club of New York City	New York, United States of America
Hong Kong University Alumni Association	Hong Kong



Keeping Fit to the Beat of the City

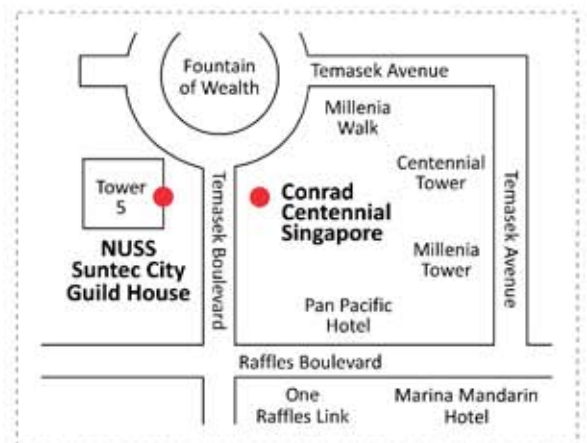
NUSS is pleased to announce a collaboration with Conrad Centennial Singapore which allows members to use its Fitness Centre. The Fitness Centre offers the latest exercise equipment which include stationary bicycles, cross-trainers, Cardio Wave machines, Technogym treadmills, fitness accessories and free weights.

To book a slot at the Fitness Centre, please visit www.nuss.org.sg.

For enquiries, please contact Member Relations Officer at Suntec City Guild House at 6395 6620/6395 6621 or mship@nuss.org.sg

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